



# HEALTH & WELLNESS

VANDERBILT FACULTY & STAFF

The Occupational Health Clinic

Health Plus  
Work/Life Connections - EAP

# Connection

Providing programs that support the well-being and productivity of Vanderbilt's most valuable asset... YOU!

Vol. 38 • NO. 4 • Medical Center Edition  
August, September 2018

<b>EARN</b> Up to \$240!	+	<b>LEARN</b> About Your Health Risks!	=	<b>POWER</b> of Go for the Gold!
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## Go for the Gold

*Complete all 3 steps by October 31 to earn up to a \$240 wellness credit*

All 3 steps of Vanderbilt's award-winning Go for the Gold program are now available! Get started now to learn important information about your health, earn up to a \$240 Health Plan incentive (*for eligible faculty and staff*), and harness the power of Go for the Gold!

**STEP 1** Compass Health Assessment

**STEP 2** Wellness Actions Log

**STEP 3** Game Plan for Your Health Video titled *Well-being: Keep Your Eye on the P.I.E.*  
See page 4 for highlights from the video.

**We heard your feedback and changes have been made to improve the user experience!**

For information on Go for the Gold and to log in to your Health Plus Health Guide to get started, visit [vanderbi.lt/gftg](http://vanderbi.lt/gftg).

Have questions? Contact Health Plus at 615.343.8943, or email [health.plus@vanderbilt.edu](mailto:health.plus@vanderbilt.edu).

### SAVE THE DATE

## Flulapalooza Returns on September 26!

Flulapalooza® is an annual event providing flu vaccination to faculty, staff and students at no charge. This year's event will be held on September 26 from 6:00 a.m. to 6:00 p.m. behind Light Hall. Nearly 14,000 people were vaccinated at this 1-day event last year, so mark your calendars and be sure to drop by to get the fastest and most fun vaccine you'll ever receive!

# Flu lapa looza

## Care Gap Alerts

Vanderbilt Experts on Health  
**Diabetes**



*Chanhaeng Rhee, MD, MBA  
Assistant Professor of Medicine, Eskind  
Adult Diabetes Clinic Medical Director*

### What is the difference between type 1 and type 2 diabetes?

Among 29 million people with diabetes in the U.S., approximately 90% have type 2 diabetes, which is characterized by high blood glucose levels caused by either a lack of insulin or the body's inability to use insulin efficiently. Type 2 diabetes develops most often in middle-aged and older adults but can also appear in younger people.

Type 1 diabetes was previously known as juvenile diabetes and is usually diagnosed in children and young adults. In type 1 diabetes the immune system mistakenly destroys cells in the pancreas that leads to absolute insulin deficiency.

### What does diabetes do to the body?

Any uncontrolled diabetes can cause long-term damage to the body also known as diabetic complications. Uncontrolled diabetes affects the blood vessels and nerves and therefore can affect any part of the body. Diabetic complications include the following: retinopathy, which may lead to blindness; heart disease; nephropathy, which may end with end-stage renal disease requiring kidney dialysis or kidney transplant; neuropathy, which may lead to foot amputation; severe hyper- or hypoglycemia.

(continued on page 3)

## Work/Life Connections-EAP

### The Counselor's Corner

Rosemary Cope, LPC, MHSP  
Clinical Counselor  
Work/Life Connections-EAP



#### Q: Dear Counselor,

I have been caring for a loved one for some time, and I'm beginning to notice a change in my mood. What can I do?

*Stressed Caregiver*

#### A: Dear Stressed Caregiver,

First, applaud yourself for your compassion. It sounds as if you might be experiencing caregiver burnout. WebMD tells us that this is a state of physical, emotional and mental exhaustion that may be accompanied by a change in attitude — from positive and caring to negative and unconcerned. Burnout can occur when caregivers don't get the help they need, or if they try to do more than they are able — either physically or financially.

##### Common Signs of Caregiver Burnout:

- Anxiety
- Irritability
- Feeling run down
- Difficulty sleeping
- New or worsening health problems
- Depression
- Low satisfaction with life
- Severe loss of energy
- Over-sensitivity to minor life stressors

To help yourself and your loved one, look into respite care. Speak up and tell others that you need some assistance. Accept help, if it is offered. Consider where your sources of help may come from: family, friends, neighbors, organizations or faith groups. Give yourself a break, when possible, by getting out of the house and doing things you enjoy. Find opportunities to laugh. Nurture yourself emotionally, physically and spiritually. Finally, be willing to relinquish some control.

The Vanderbilt Child and Family Center has many resources for caregivers. For example, there is a support group to help you balance working while caring for your loved one. They also have monthly lunchtime sessions. Other community resources are the Council on Aging and Tennessee Respite Coalition.

For more information and help accessing resources for caregivers, please call Work/Life Connections — EAP at **615.936.1327** to schedule a confidential, no-cost appointment.



## Passion at Work



*Buffy Krauser Lupear, DNP, CRNA, APRN  
Sr. Quality & Patient Advisor, Dept. of  
Anesthesiology*

#### What keeps you connected to and passionate about your work?

My colleagues. With the dynamic changes in health care it is very easy to get caught up in the issue at hand and become distracted. However, I am very fortunate to work with such amazing and diverse colleagues throughout VUMC who keep me focused on the reason I chose to become a nurse, a CRNA, and a part of the Vanderbilt team.

#### How do you model Credo behaviors to your team?

I chose to be a part of this team because I believe in Vanderbilt's Credo, so each day I try to walk in the shoes of others and remind myself, "It is not about me."

#### What does your team do to bond?

I am truly humbled to be part of such an incredible team. Whether it is a baby shower, special occasion celebration, or working together on a project such as a fundraiser or a poster presentation, it doesn't matter if someone has been part of our team for 1 day or 30 years, our team makes time to celebrate and support one another.

#### How do you keep your team informed of changes that are occurring?

The technology of today allows us to be in constant communication with one another. However, we must be mindful of the sensitivity and importance of the information we are communicating. With that in mind taking advantage of all communication platforms is beneficial, whether it occurs in our departmental weekly announcements, updates during staff and committee meetings, 1:1 conversations, or when rounding.

## Occupational Health Clinic **talk:**

# Are You and Your Family Members Up to Date With Immunizations?

**Catherine (Kegun) Qian, MSN, NP-C**  
**Nurse Practitioner & Manager, Occupational Health Clinic**



Did you know that August is National Immunization Awareness Month? Here are some facts about vaccines:

- Vaccines are one of the most effective ways to protect children/adults against many common infectious diseases.
- Without vaccinations, we are at a greater risk of catching a vaccine-preventable disease.
- Vaccines are safe, and scientists continually work to make sure they become even safer.
- Flu vaccination is recommended in any trimester for women who are pregnant or who plan to become pregnant.
- The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months of age and older get a flu vaccine each year.



Getting vaccinated can help prevent epidemics of some communicable diseases, and some diseases, such as smallpox, have been eradicated in the United States due to vaccination. However, failure to get vaccinated can result in a resurgence of some diseases. Some recent well-known examples are the outbreaks of measles and whooping cough.

The Occupational Health Clinic (OHC) offers adult vaccines necessary for work at Vanderbilt, including work-related international travel. Contact OHC at **615.936.0955** to inquire about such services, or visit OHC's website at **vumc.org/health-wellness/occupational-health**. You can also get more information on what vaccines are recommended for you by visiting the "My Health Advisor" tab in the Health and Wellness Information Portal at **myhealthandwellness.vanderbilt.edu**. Recommended vaccines are typically covered by insurance with no copay.

The flu vaccine is one of many vaccines that OHC offers and flu season is around the corner. Dr. Tom Talbot, MD, MPH, Chief Hospital Epidemiologist, cites, "According to the CDC, each year thousands of people die from influenza in the U.S. (between 12,000–56,000 for recent seasons)," therefore he is a strong advocate of everyone older than 6 months receiving the flu vaccine. Even though flu vaccine protection is not 100%, he says, "It would still reduce the severity of one's illness if they caught it."

OHC will start to offer flu vaccines when it becomes available. This year's Flulapalooza is set for September 26.

References: <http://www.cdc.gov/nchs/fastats/deaths.htm>

## Care Gap Alerts

### Vanderbilt Experts on Health Diabetes

(continued from page 1)

#### What can I do to avoid getting pre-diabetes or type 2 diabetes?

Increased physical activities and healthy eating are essential for both children and adults in order to avoid type 2 diabetes. The National Institutes of Health clinical trial, the Diabetes Prevention Program (DPP), found that for people with prediabetes, modest lifestyle changes led to weight loss of 5 to 7% in participants and can reduce the risk of type 2 diabetes by 58% in individuals at high risk. Vanderbilt Faculty/Staff Health and Wellness has received a Certificate of Full Recognition from the Centers for Disease Control and Prevention for its DPP for employees.

#### How can I tell if I have prediabetes or diabetes?

A blood test determines if a person has prediabetes or diabetes.

##### Criteria for prediabetes:

- Fasting Plasma Glucose 100 to 125 mg/dL.
- 2-hour postprandial glucose 140 to 199 mg/dL during oral glucose tolerance test (OGTT).
- Hemoglobin A1C 5.7 to 6.4%.

##### Criteria for diabetes:

- Fasting Plasma Glucose > 126 mg/dL.
- 2-hour postprandial glucose 200 mg/dL during oral glucose tolerance test (OGTT).
- Hemoglobin A1C > 6.5%.
- In a patient with classic symptoms of hyperglycemia or hyperglycemic crisis, a random plasma glucose > 200 mg/dL.



# Go for the Gold

## Check out the highlights from *Well-being: Keep Your Eye on the P.I.E.*

### 2018 Game Plan for Your Health Video

“Well-being is different for everyone. The way to really get at it is to do an inventory of your life — look at times when you remember a deep sense of contentment and feeling empowered by what was going on in your life. Those experiences will tell you what is really important to you.” — *Nathaniel Clark, MD*

## *The Well-being P.I.E.*

### **P** Personal Self-Care

Tending to your physical, spiritual, mental/emotional, and financial health goes a long way towards boosting your well-being.

“I am a big believer, being an endocrinologist, in the importance of eating at home. I am a proponent for cooking at home, which I think really leads to healthier families over time and to a healthier lifestyle for everybody.”

— *Shubhada Jagasia, MD*

### **I** Interpersonal Connectedness

Supportive personal relationships and positive work relationships are essential for good well-being.

“What we can do as individuals in our work settings is to realize that all of us really are part of the same village, so how might we be really proactive in our ways of interacting with each other on a daily basis to let people know that we care?”

— *Velma McBride Murry, PhD*

### **E** Environment

The environmental systems or surroundings where we work, play and learn, impact our well-being. Finding meaning and purpose at work and incorporating play at work are two ways to enhance well-being.

“At Vanderbilt, we are doing such important work that being part of that larger purpose can give us meaning. Seeing the ways in which the little things that we do in our corner connects to that larger mission — treating patients, doing research, training students and all the support that involves — is an important way of increasing our own well-being.”

— *Ted Fischer, PhD*



## August is Kids Eat Right Month:

# Turn Mealtime into Fun Family Time!

Having meals together as a family is one of the most important activities you can do to promote healthy eating. It sounds so simple, right? Not always. Between work, school and other activities, it may be hard for families to find the time to eat together. Even if it's just once a week, try prioritizing sitting down to eat as a family. Mealtime provides an opportunity for parents to model good eating behaviors, and for children to form lifelong associations with food.

Here are some tips to help turn mealtime into fun family time.

- **Limit distractions.** When eating as a family, sit around a table and let family be the focus by turning off TVs, cell phones and other technology.
- **Add some excitement!** Try offering dips, finger foods, fun shapes, meal themes or a wide range of colors. Let your kids pick a special day to indulge, so they can learn that all foods fit in moderation.
- **Give kids the choice.** Simply giving kids a choice can give them ownership about what's going onto their plate and into their bodies. Keep an open dialogue about what foods your child likes, and serve them along with new foods to expand their palate.

Need a great recipe to cook as a family? Try Veggie Pita Pizza: [thekidscookmonday.org/recipe-items/veggie-pita-pizzas](http://thekidscookmonday.org/recipe-items/veggie-pita-pizzas). Let kids create their own by adding their favorite veggies!

For more family meal fun, also try the recipe below!



## Grilled Shrimp and Pineapple Skewers

- 2 tbsp **olive oil**, plus more for grilling
- 2 tbsp freshly squeezed **lime juice**
- 1 tsp **lime zest**
- ½ tsp **chili flakes** (optional)
- 1 lb large **shrimp**, peeled and deveined
- ½ cup **pineapple chunks**, cut to 1 inch
- ½ cup **red pepper**, cut to 1 inch • 3 tbsp fresh chopped **cilantro**



If using wooden skewers, soak in water. **Preheat** grill to medium heat. In a medium bowl, combine oil, lime juice and zest (and chili flakes, if using). **Add** shrimp and toss to coat. **Thread** skewers, starting with 1 each of shrimp, pineapple and red pepper and repeating until each skewer is filled. **Lightly** brush the grill with olive oil. **Place** skewers on the grill and cook for 3 minutes. **Turn** and cook 2-3 more minutes until shrimp are cooked through. **Place** on serving plate and garnish with cilantro. Serve.

**Makes 4 servings.** Per serving: 199 calories | 24g protein | 10g total fat | 1g saturated fat  
3g mono fat | 6g poly fat | 5g carbohydrate | 3g sugar | 1g fiber | 168mg sodium

## Babies & You

Health *Plus* wants to support you in having a healthy pregnancy by offering Babies and You, a prenatal education program to encourage early and consistent prenatal care. The program is offered to Vanderbilt faculty/staff, spouses or dependent children.

Educational sessions on various topics are offered monthly. A \$50 incentive is offered to those registering in the first trimester, attending at least 3 of the monthly classes, and providing documentation of prenatal provider visits.

To see upcoming classes or enroll, go to [vumc.org/health-wellness/news-resource-articles/babies-and-you](http://vumc.org/health-wellness/news-resource-articles/babies-and-you).

## Five Quick and Easy Ways to Access Care

Vanderbilt University Medical Center is committed to helping you get the care you need as quickly and conveniently as possible, which is why we have added more points of access to quick healthcare options that can save you both time and money.

### Teladoc

Employees now have access to Teladoc, a virtual care provider staffed by more than 3,000 licensed physicians who can diagnose and treat a wide range of non-emergent medical conditions, from rashes to upper respiratory infections. You can request an on-demand consult, which are available 24/7/365 or schedule a future consult for the current or next day. To get started, download the Teladoc mobile app or visit [www.teladoc.com/aetna](http://www.teladoc.com/aetna) on your computer and create a Teladoc account using your Aetna member ID.



### Nurse Advice Line

The Nurse Advice Line is a free service provided by the Vanderbilt Health Affiliated Network that can assist you in determining the type of care your medical situation requires and provide several options for receiving that care. In some cases, the nurse can even place your name in the queue at a walk-in clinic. Call 615.875.NRSE to access the Nurse Advice Line.



### Vhan.com

Quickcare.vhan.com will show you a list of walk-in and urgent care clinics based on your location. The easy-to-read listing gives you an at-a-glance view of each clinic's operating hours, address, phone number and distance from your location.

### OnCall

If you live or work in Davidson County or Brentwood, Vanderbilt Health OnCall brings a Vanderbilt nurse practitioner to your home, office or any location 7 days a week for non-emergent medical conditions, such as a sore throat, fever, cough, earache or minor injury. The service accepts VUMC insurance, as well as other major plans. Download the app or visit [www.vanderbilthealth.com/vhoc](http://www.vanderbilthealth.com/vhoc) to request a visit.



### Express Care Clinic

The Faculty/Staff Express Care clinic in Suite 112 of the Medical Arts Building treats minor illnesses, such as cold and flu. If Faculty/Staff Express Care is closed, you can go to the Occupational Health Clinic as a walk-in patient. The Occupational Health Clinic in Suite 640 of the Medical Arts Building treats work-related injuries and illnesses. Both clinics are free to employees. For hours visit [vumc.org/health-wellness/occupational-health](http://vumc.org/health-wellness/occupational-health).

# upcoming events

## August

- AUG 2** **Know Your Numbers & OHC Comes to You**  
1:30 p.m. to 4:00 p.m.  
MCJCHV, Room 2104
- AUG 3** **Know Your Numbers & OHC Comes to You**  
*Late Night Cart*  
6:00 p.m. to 10:00 p.m.  
MCN 3, 4, 5, 6, 7
- AUG 9** **Know Your Numbers**  
11:00 a.m. to 1:00 p.m.  
One Hundred Oaks, Room 26103
- AUG 15** **Know Your Numbers & OHC Comes to You**  
*Late Night Cart*  
6:00 p.m. to 10:00 p.m.  
VUH 10N, 10S, 11N, 11S, ED
- AUG 16** **Babies & You**  
*Facing the Challenges of Pregnancy*  
Noon to 1:00 p.m.  
Light Hall, Room 411  
Presented by Michelle Collins, PhD, Certified Nurse Midwife,  
West End Women's Health Center
- AUG 17** **Vandy Cooks**  
*Mediterranean Cuisine*  
Noon to 1:00 p.m.  
VRWC Demo Kitchen  
Presented by Chef Aaron Smith, VUH  
Courtyard Café
- AUG 17** **Know Your Numbers & OHC Comes to You**  
*Williamson County*  
9:00 a.m. to 10:00 a.m.  
Center for Women's Health OB/GYN, 2009 Mallory Ln
- AUG 17** **Know Your Numbers & OHC Comes to You**  
*Williamson County*  
10:30 a.m. to 11:30 a.m.  
Vanderbilt Medical Group Orthopedic Clinic, 324 Cool  
Springs Blvd
- AUG 21** **Know Your Numbers**  
11:00 a.m. to 1:00 p.m.  
One Hundred Oaks, Room 26103
- AUG 22** **Boomers, Elders & More**  
*The Importance of Knowing Your Loved One's Financial  
Adviser*  
Noon to 1:00 p.m.  
Light Hall, Room 433
- AUG 28** **Vandy Walks**  
*Athletics – Behind the Stands with Eric Jones*  
Noon to 1:00 pm  
Entrance to Parking Lot 71 nearest the Baseball Stadium

## September

- SEP 6** **Know Your Numbers & OHC Comes to You**  
*Fall Compliance Fair*  
10:00 a.m. to 6:00 p.m.  
MCJCHV, Children's Theatre
- SEP 6** **Know Your Numbers & OHC Comes to You**  
1:30 p.m. to 4:00 p.m.  
MCJCHV, Room 2104
- SEP 7** **Know Your Numbers & OHC Comes to You**  
*Fall Compliance Fair*  
6:00 a.m. to 2:00 p.m.  
MCJCHV, Children's Theatre
- SEP 7** **Know Your Numbers & OHC Comes to You**  
*Late Night Cart*  
6:00 p.m. to 10:00 p.m.  
MCJCHV 5 ABC, 6 ABC
- SEP 13** **Know Your Numbers**  
11:00 a.m. to 1:00 p.m.  
One Hundred Oaks, Room 26103
- SEP 19** **Know Your Numbers & OHC Comes to You**  
1:30 p.m. to 4:00 p.m.  
Green Hills Office Building, Room 3001
- SEP 19** **Know Your Numbers & OHC Comes to You**  
*Late Night Cart*  
6:00 p.m. to 10:00 p.m.  
VUH 3, 4, 5T
- SEP 19** **Vandy Cooks**  
*Vegan and Gluten-free, led by CHAARG (Changing Health,  
Attitudes, & Actions to Recreate Girls, a student group)*  
5:30 p.m. to 7:00 p.m.  
VRWC Demo Kitchen
- SEP 20** **Babies & You**  
*Choosing a Pediatrician*  
Noon to 1:00 p.m.  
Medical Center North, Room C2209  
Presented by Rachel Mace, MD, University Pediatrics
- SEP 21** **Know Your Numbers & OHC Comes to You**  
*Williamson County*  
9:00 a.m. to 10:00 a.m.  
Vanderbilt Bone & Joint Clinic, 206 Bedford Way
- SEP 21** **Know Your Numbers & OHC Comes to You**  
*Williamson County*  
10:30 a.m. to 11:30 a.m.  
2105 Edward Curd Lane, 3rd Floor Conference Room
- SEP 25** **Know Your Numbers**  
11:00 a.m. to 1:00 p.m.  
One Hundred Oaks, Room 26103
- SEP 26** **Flulapalooza**  
6:00 a.m. to 6:00 p.m.  
Tent between Light Hall and the VA

If you have questions regarding Boomers, Elders & More events, contact Stacey Bonner at **615.322.8076** or [stacey.l.bonner@vanderbilt.edu](mailto:stacey.l.bonner@vanderbilt.edu).

Every Thursday in August and September:  
**OHC Comes to 100 Oaks**  
8:00 a.m. to 11:30 a.m., VPEC 21100

**Vanderbilt Health & Wellness**  
**Vanderbilt University**  
1211 21st Ave. S.  
Medical Arts Building, Suite 640  
Nashville, TN 37212



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### In This Issue:

All 3 Steps of Go for the Gold Now Available

Flulapalooza Set for September 26

*Care Gap Alerts* with Chanhaeng Rhee, MD, MBA

*Passion at Work* with Buffy Krauser Lupear

Highlights from *Well-being: Keep Your Eye on the P.I.E.*

5 Quick and Easy Ways to Access Care

Have a topic you want to see covered? Email us at [health.wellness@vanderbilt.edu](mailto:health.wellness@vanderbilt.edu).

### Annual TB Testing for Employees Streamlined

Based on National Infection Control (CDC) Guidelines, a significant subset of employees no longer need annual TB testing! For more info, visit [www.vumc.org/health-wellness/news/annual-tb-testing-employees-streamlined](http://www.vumc.org/health-wellness/news/annual-tb-testing-employees-streamlined).

#### Health and Wellness Connection

Newsletter Editor:

Andrew Haag, MBA, Faculty/Staff Health & Wellness

Contact [andrew.haag@vumc.org](mailto:andrew.haag@vumc.org) or 615.936.3735.

**Health and Wellness Director:** Mary Yarbrough, MD, MPH

#### Department Managers:

Lori Rolando, MD, MPH, The Occupational Health Clinic

Brad Awalt, MS, ACSM, Health Plus

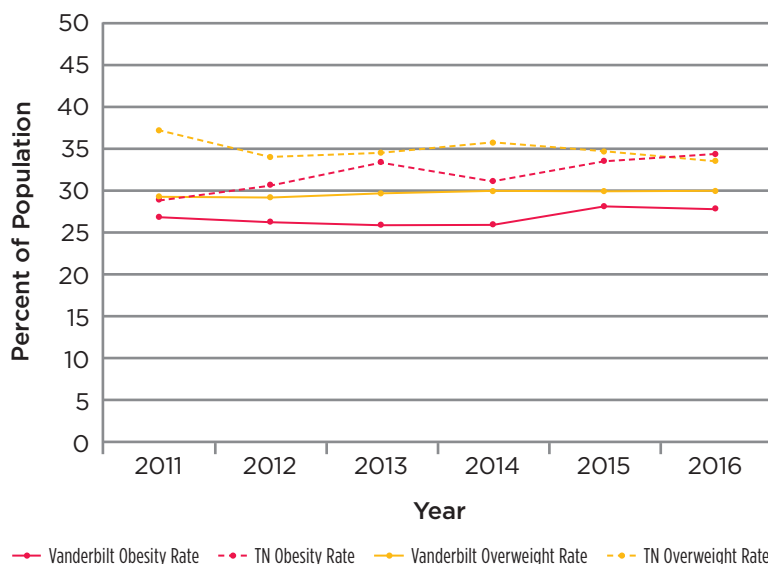
Jim Kendall, LCSW, ACSW, CEAP, Work/Life Connections-EAP

Paula McGown, MSN, MAcc, CPA, Health & Wellness Administration

## The Healthy Pulse

FOR FACULTY AND STAFF AT VANDERBILT

### Vanderbilt Employees Have Lower Rates of Being Overweight or Obese



From 2011–2016, the Vanderbilt employee population consistently demonstrated lower rates of overweight and obesity than the general population of the state of Tennessee. Overweight is defined as body mass index (BMI)  $\geq 25.0$  but  $< 30.0$ . Obese is defined as body mass index (BMI)  $\geq 30.0$ . If you need help managing your weight or improving your overall health, Health Plus offers Lifestyle Coaching that can help you find the motivation and tools to reach your goals! Learn more at [www.vumc.org/health-wellness/news-resource-articles/lifestyle-coaching](http://www.vumc.org/health-wellness/news-resource-articles/lifestyle-coaching).

Vanderbilt Data Source: Go for the Gold

TN Data Source: BRFSS, <https://www.cdc.gov/nccdphp/dnpao/index.html>