



Your Healthy Workplace

A Monthly Newsletter
January 2020



Turn to us for workers' comp care

Every seven seconds – a worker is injured on the job, reports the National Safety Council.

If this happens to one of your employees, turn to Physicians Quality Care OCCMed.

► We have the experience to expertly steer you through the entire workers' compensation process – from treating the injured employee and determining causation to keeping you informed throughout the process and providing the documentation you need.

► Our OCCMed facility has a designated area to do employee drug tests and physicals and treat non-life threatening, work-related injuries. In fact, we are expanding our OCCMed clinic facilities to enlarge our on-site OCCMed services.

► Your employees have a separate entrance and waiting area so they are not around other patients visiting our urgent care clinics.

► Our expanded hours allow your employees to be seen from 7 a.m. to 9 p.m. Monday through Friday at our OCCMed clinic on Pleasant Plains Extended in Jackson.

From 9-11 p.m. weekdays and from 7 a.m. to 11 p.m. Saturday and Sunday, OCCMed patients

can be seen through the Physicians Quality Care urgent care clinic in Jackson.

Our Milan clinic sees workers' comp patients during its normal hours of 7 a.m. to 11 p.m. seven days a week.

► You don't need to call ahead; you don't need an appointment. (If you can, though, calling ahead before the employee arrives will help us provide treatment more efficiently.)

► Your injured employee will leave our OCCMed facility with a doctor's statement.

► Our workers' comp nurse will communicate with your safety manager or third party administrator to make sure your employee gets the best care possible. Our goal is to get your employee back to full duty as soon as possible.



Thinking ahead

Consider putting Physicians Quality Care OCCMed on your workers' comp panel.

Email Jennifer Carmack, OCCMed director, at Jennifer@physiciansqualitycare.com.



The expansion of our OCCMed facility in Jackson gets closer to completion. We've got the brick in place outside, and we are working on exam rooms and offices inside. We expect to move in to our 4,000-square-foot expansion in the next two to three months. Watch for details about our Open House Luncheon coming soon!

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Drug abuse and the economy

It's a connection that health officials might miss, but an alarming new study shows that when factories close, deaths from opioid overdoses soar.

"There's this sense of increasing despair among people – especially people who are working-class who have seen in the last several decades a lot of their economic opportunities wither away," said the lead researcher.

The findings target fading economic opportunity as a key force driving opioid addiction and deaths

in the United States.

People suffering from depression, anxiety and major life stress are more vulnerable to addiction, especially when their communities are flooded with easily accessible addictive drugs.

Going forward, a researcher said, the best approach is early intervention for those at risk and effective treatment for those who are already addicted.

For more on the opioid crisis, visit the U.S. National Institute on Drug Abuse.

Source: HealthDay News

Drug abuse affects businesses in many ways. Physicians Quality Care OCCMed takes the headache out of addressing the problem. We will:

- Set up a Drug-Free Workplace program at your facility.
- Help fill out and file the necessary paperwork.
- Train supervisors on how to look for signs of drug use and how to approach an employee suspected of use.
- Administer all of your drug screenings.

For more information, contact Jennifer Carmack, OCCMed Director, at jennifer@physiciansqualitycare.com or 731-984-8400.



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Physicians Quality Care OCCMed provides occupational medicine services to West Tennessee's industrial base • occmcdjackson.com

Working overtime increases hypertension

Long hours spent working will do no favors for your blood pressure, a new Canadian study suggests.

The five-year study tracked the working hours and blood pressure readings of 3,500 white-collar workers at three public institutions in the province of Quebec.

Compared to those who worked less than 35 hours a week, those who worked 49 or more hours each week had a 70 percent higher risk of what's known as "masked" hypertension – high blood pressure that can be missed during a routine medical appointment, but is detected when blood pressure is tracked at home.

Lots of overtime was also tied to a 66 percent higher risk of "sustained" hypertension – high blood pressure that's recorded both in and

out of health care settings.

The study could not prove cause-and-effect, but even a few extra working hours per week seemed to matter to heart health. For example, people who worked between 41 and 48 hours a week had a 54 percent higher risk of masked hypertension and a 42 percent higher risk of sustained hypertension, the researchers reported.

The link between long working hours and high blood pressure in the study was about the same for men as for women.



Source: HealthDay News

We speak OSHA!

To help you comply with OSHA, we offer ...

- ▶ On-site CAOHC-certified audiometry in our mobile unit
- ▶ DOT, non-DOT & hair follicle drug screening
- ▶ Breath- & blood-alcohol testing
- ▶ Health fairs
- ▶ DOT, wellness & pre-employment physicals
- ▶ Strength & agility testing
- ▶ NIOSH-approved pulmonary function testing
- ▶ Respirator-fit testing & respirator medical evaluations
- ▶ Heavy-metal testing
- ▶ Industrial hygiene: noise sampling, air sampling, dust sampling, etc.
- ▶ Nerve conduction studies
- ▶ X-rays & EKGs