



Your Healthy Workplace

July – August 2024



Clinical Research Trials

A win-win for providers, patients

Physicians Quality Care participates in clinical trials to give patients access to the latest in medical research and to be a part of finding improved treatments for different medical conditions, said PQC Medical Director Dr. Peter Gardner.

In the last 12 years, Dr. Gardner and Chief Medical Officer Dr. Melanie Hoppers have conducted more than 50 clinical trials in several therapeutic areas, such as Long COVID, influenza, acute COVID and COPD.

The clinical trials were in partnership with Clinical Research Solutions, which was acquired two years ago by Helios Clinical Research. The company oversees clinical trials with 65 physicians across the country.

“It’s a win-win for a clinic to be involved in research,” said Amy Arnold, Helios senior vice president. “We are thrilled to be partnering with Physicians Quality Care on these important trials.”

Dr. Hoppers just completed a trial on treatment for several lingering affects of Long COVID. She had more patients enrolled than any other provider nationwide who participated in the same trial.

Dr. Gardner is participating in two adult vaccine trials starting in September—one to help prevent RSV (respiratory syncytial virus, a contagious virus that causes infections of the respiratory tract), and the other to help prevent flu.

Both studies, like most clinical trials, will provide the vaccine at no cost and patients may be compensated for their time.

Patients who qualify for the trials have access to treatments that otherwise would be unavailable, said Dr. Gardner. “We’re pleased when our patients qualify for a particular trial. They receive the latest treatment at no cost as they help us learn how to best treat a medical condition.”

Flu shots protect employees – and your bottom line

As you consider whether to schedule employee flu vaccinations at your worksite, consider the costs if you don’t make it easy and convenient for employees to get the vaccine.

An annual flu vaccine is recommended for all people six months and older, with some exceptions. And people with underlying health conditions are at a higher risk of getting the flu and having serious complications.

The benefits of workplace vaccination

For Employers:

- Reduces costs by decreasing time missed from work to get vaccinated.
- Reduces costs by reducing absences due to illness, resulting in improved productivity.
- Vaccination often already covered under employee health plans.

For Employees:

- Reduces absences due to sickness & doctor visits.
- Improves health and morale.
- Employees are more likely to get the vaccine because it’s convenient.

We’ll schedule your flu shots at your convenience. Contact OCCMed Director Jennifer Carmack at 731-984-8400 or jennifer@occmedjackson.com.

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It's time to adapt business practices for an aging workforce

Employers often focus on attracting and retaining Gen Z and millennial workers, but the aging workforce is a significant demographic to consider.

By 2030, about 150 million jobs will shift to workers over 55, constituting a quarter of the workforce, according to a recent study.

Employers can implement several practices to effectively integrate and support the aging workforce:

▶ One of the most important priorities for employers is to provide flexible working conditions, such as working hours, location and job-protected time off. All are a significant factor in

older workers' job satisfaction, AARP says.

▶ Another priority for older workers is to ensure an ergonomic workplace.

▶ Continuous education and retraining programs tailored to older workers—specifically those focused on technology and digital tools—can help empower older workers with vital skills and growth opportunities.

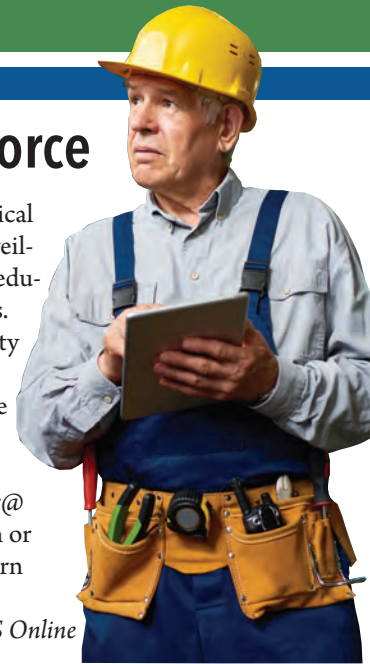
▶ Another priority is to have functional capacity wellness programs to help ensure workers are physically fit for their roles and are able to perform workplace tasks safely.

Functional capacity wellness programs can comprise pre-employment, fit-for-duty and

return-to-work medical exams; medical surveillance; and wellness education and resources.

Physicians Quality Care OCCMed can help you set up these fitness programs. Contact Jennifer Carmack at jennifer@occmedjackson.com or 731-984-8400 to learn more.

Source: OHS Online



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Lift objects the right way

Back injuries account for one in five workplace injuries.

Here's how to lift properly ...

- Stand as close to the load as possible.
- Plant your feet shoulder-width apart with one foot slightly ahead of the other.
- Bend at the hips and knees only until you're deep in a squatting position.
- Keep your head up and straight with your shoulders back to keep your back straight.
- Hold the load close to your body at waist height.
- Engage your core muscles as you push against the ground and straighten your legs.

Source: OSHA.com



Hearing tests at your worksite

Our expanded and renovated audio unit means we can get more hearing tests done at a time and have less interruption on your work production.

With no extra on-site setup fee, we can do up to 30 hearing tests every hour to take care of your OSHA-required hearing-conservation training.

Schedule the audio unit by contacting OCCMed Director Jennifer Carmack at 731-984-8400 or jennifer@occmedjackson.com.

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
- ▶ Strength & agility testing
- ▶ NIOSH-approved pulmonary function testing
- ▶ DOT, wellness & pre-employment physicals
- ▶ Respirator-fit testing & respirator medical evaluations
- ▶ Heavy-metal testing
- ▶ Industrial hygiene: noise sampling, air sampling, dust sampling, etc.
- ▶ Nerve conduction studies
- ▶ X-rays and EKGs