



## ◆ NASA 2011 OH Meeting Sets

**Location and Dates:** Please save the dates, July 11-15, for the annual OH Meeting. Taking place at the [Albuquerque Marriott](#), a variety of topics including Professional Development Courses and plenary speakers along with continuing education credits will be offered for most OH disciplines. Specific information on registration, hotel information, agenda, etc will follow as plans are finalized.



◆ **2010 AHA CPR Guidelines:** The American Heart Association (AHA) has released the [2010 AHA Guidelines for CPR and ECC](#). They are recommending chest compressions as the first step for lay and professional rescuers to revive victims of sudden cardiac arrest.

Guidelines for instructors will be available online in late November via the AHA Instructor Network.



*Learn and Live.*

◆ **HealthierYou Update:** We have initiated an annually occurring, online Influenza Vaccination Survey to keep abreast of each Center's immunization status. The survey has three parts and will be directed at the Clinic Chief Nurses or Administrators. After the initial data entry, which is initiated August of each year, the Clinic POCs will receive a monthly notice to update the survey until the software calculates the Clinic has fully depleted their vaccine supply. Clinic POCs will receive a final email to update the online survey one last time. The HPW team has two scheduled ViTS sessions in December. Dec 9th at 11:00ET is the quarterly meeting. Dec 14th at 1:00ET is the presentation of the Mayo Clinic Health Assessment 2010 Data. Please plan to attend both sessions.

◆ **EmbodyHealth Website:** You have the ability to add Center specific articles to the EmbodyHealth website. If you have a special event or would like to advertise a particular effort at your Center [Mae Hafizi](#) can help you with the posting on EmbodyHealth.



◆ **EHR Update:** The EHR Kick-Off meeting with the Project Team and Medgate staff was held on October 6th. The meeting outcomes included identifying the next steps in the transition from Medgate 6.0 to Medgate GX. Over the next several weeks we will be working with our Medgate application consultants to receive training, configure security settings, and review the current base table configuration. Over the past three weeks, some of the EHR Project Team has been attending the Medgate GX Workshops held by webinar. The six three-hour sessions provided us with a detailed overview of the new features and functionality of Medgate GX. The EHR Project Schedule is being reviewed and updated. The schedule should be ready to review at the next Agency EHR Task Force scheduled for Wednesday, November 10th from 11:30am to 12:30pm.

◆ **New Fitness Center Employee At GRC:** Welcome Lindsey Gaal to the Glenn Research Center Fitness Center. Lindsey is a Fitness Specialist and will be leading classes in Cardio, Aerobics, Toning, Yoga, and Pilates. Lindsey received her BS in Health Promotion at Bowling Green State University and her MS in Exercise Physiology at the University of Akron. She is certified by the Aerobics and Fitness Association of America in Group Exercise, and she is also certified in Turbokick and YogaFit@.

## ◆ The Great American Smokeout Day is

**November 18:** If you have been trying to quit, November 18 might be the best time to begin your tobacco-free journey. Not only can you visit your [NASA Occupational Health Clinic](#) to obtain information about quitting smoking, you can also contact your Center's Employee Assistance Program clinician for assistance. The [NASA OH Website](#) and the Internet also feature many resources to help you along the way, including: OH Website [Smoking topics](#) page, [National Cancer Institute](#), [Smokefree.gov](#), [QuitSmoking.com](#), and [Quit Tobacco Campaign](#).



◆ **NASA Health Physics Meeting:** Planning is underway for next year's gathering of NASA radiation protection professionals. This triennial meeting is tentatively scheduled for the third week of April at NASA Headquarters in Washington DC. RSOs, LSOs, and other occupational health professionals with radiation safety responsibilities are encouraged to attend. The technical agenda will provide continuing education credits and professional development as well as important networking opportunities with your peers from other NASA Centers. Since this is the only meeting dedicated to NASA radiation protection professionals it should not be missed. Save the dates, April 18-22, 2011. Look for more information as details are firmed up. The picture is from the 2008 visit to the Kennedy Space Center Complex 39.



## ◆ NASA OH Center Review Calendar:

• January 24-28, Ames Research Center

## ◆ Upcoming OH ViTS & Webinars:

- EH ViTS – November 2, 11:00-12:00 EDT
- Health Physics ViTS – November 3, 11:30-12:30 EDT
- Fitness ViTS – November 4, 11:00-12:00 EDT
- EHR Taskforce Webinar – November 10, 11:30-12:30 EST
- Workers' Comp ViTS – November 23, 1:30-2:30 EST
- EH ViTS – December 1, 11:00-12:00 EST
- EAP ViTS – December 2, 11:00-12:00 EST
- Health Promotion ViTS – December 9, 11:00-12:00 EST

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