

Working Healthy

A newsletter from the Mercy Occupational Health Program

SPRING 2009

Mercy Occupational Health is a full service occupational health clinic providing all your business-related health needs.

THREE LOCATIONS:

540 East Jefferson Street,
Suite 205
Iowa City, Iowa 52245
Telephone 319-339-3921
Fax 319-339-3858

2109 Cedarwood Drive,
Suite 200
Muscatine, Iowa 52761
Telephone 563-263-3921
Fax 563-264-2525

407 South White Street
Mt. Pleasant, Iowa 52641
For appointments, call the
Iowa City office: 319-339-3921

OUR STAFF INCLUDES:

Charles Buck, M.D., Medical
Director
Theodore Koerner, M.D.
Tina Stec, M.D.
Tom Dean, PA-C
Georgene Lynch, RN, Manager
Karen Plock, RN, Occupational
Health Coordinator
Kelly Garvin, M.B.A.,
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540 East Jefferson Street
Iowa City, Iowa 52245

www.MercyOccupationalHealth.org

Drug screening calls for training, certification, integrity of collection

By Karen Plock, RN, COHN, *Occupational Health Coordinator*

Drug screen programs can be difficult to understand, implement, and maintain. Mercy Occupational Health is geared to assist employers with implementing new programs, be it for pre-employment testing, post-accident testing, reasonable suspicion, or random testing. Mercy Occupational Health staff have been trained in performing random collections for employers, going onsite to perform collections, and training supervisors to recognize drug use and abuse. MRO staff are also available to interpret drug screen results.

You may hear a lot of different terminology referring to the drug screen process—words like MRO. MRO means *Medical Review Officer* and refers to the medical staff specially trained to interpret drug screen results. All drug screen results are screened by the MRO. The MRO personally contacts all non-negative donors to discuss the results and determine the validity of the result, and reports it to the employer. Mercy Occupational Health clinic has certified MRO physicians.

Chain of custody is another term used. This refers to the special five-part form that is used in the collection process. Every party involved in the drug screen process receives one part of this form. Without this form the collection process can not be completed; the lab cannot process the urine to be tested, the MRO cannot interpret the results, and the results can not be reported out.

The drug screen collection can be the first step for a person entering the work force. Therefore, it is extremely important this step be completed by trained and certified professionals understanding the importance of maintaining the integrity of the collection. If the integrity is in question, it can affect all other parties involved. It can make or break a person's employability. All collectors in Mercy's Occupational Health clinic are specifically trained and certified in DOT drug screen collections and all drug screen collections are performed following strict DOT collector guidelines.

Mercy's OCCUNET program planned for February 23 and 26 will provide you with more detail about our drug screening program, what employers need to do in order to be prepared for drug screen issues in the workplace, and how the collection process is performed.

See the back page for OCCUNET details.

You are cordially invited to a free educational luncheon:

“Mercy Occupational Health—What We Can Do for You and What to Ask For”

Speakers:

Karen Plock, RN, COHN, *Nurse Coordinator*, Mercy Occupational Health Program

Georgene Lynch, RN, COHN-S, *Nurse Manager*, Mercy Occupational Health Program

Charles Buck, MD, *Medical Director*, Mercy Occupational Health Program

Choose between two times and locations:

Iowa City

Monday, February 23, 2009
11:30 a.m. to 1 p.m.
Mercy Medical Plaza
540 E. Jefferson St., Iowa City
Lower level, McAuley room

Come meet one of our newest providers, Dr. Tina Stec, at this meeting.

Please RSVP by Thurs. Feb. 19.
Send names of attendees to kelly.garvin@mercyic.org or call 319-339-3832.

Muscatine

Thursday, February 26, 2009
11:30 a.m. to 1 p.m.
Pizza Ranch
106 Ford Avenue, Muscatine

Come meet our newest provider, Dr. Michael Staker, at this meeting. Watch for more information about Dr. Staker in the next edition of *Working Healthy*.

Please RSVP by Tuesday, Feb. 24.
Send names of attendees to kelly.garvin@mercyic.org or call 563-263-3921.

If you are unable to attend, please extend this invitation to your designated company representative.

The health of your workforce calls for wide-ranging services

By Charles Buck, MD, *Medical Director, Occupational Health Program*



Most of you think of pre-placement exams, injury care, and drug testing when you consider your needs for occupational health services. While these are the most common services we offer at Mercy Occupational Health, they are not the only ones. Mercy is a comprehensive occupational health program that offers you a wide range of medical services to help you manage the work-related health needs of your employees.

If you consider the entire work life of your employees, there are many times when the

health (or illness) of the worker, the nature of the work, and the needs of the employer intersect. Work life begins at the point of hire with a pre-placement physical exam, drug testing, and perhaps a physical ability screen. These are intended to determine if the person is physically able to perform the job safely and effectively.

Over the course of employment, work-related injuries may occur that need routine treatment. This care must focus on both the needs of the patient and the employer. Occasionally, an injury may require complex analysis of causation, knowledgeable management of a chronic condition, or expert medical legal opinion.

The workplace may present hazards that can adversely affect worker health. Periodic exams may be required to detect medical conditions early. Examples include asbestos, lead, or noise exposures.

Periodic exams may be required for regulatory reasons such as TB testing in health care workers and DOT driver exams.

Employees develop non-work related health conditions that impact their ability to perform their job dependably, safely, and effectively. Fit-for-duty exams, disability evaluations, and physician consultation are part of our services to help manage these situations.

Finally, onsite services to help manage the health of the workforce are available. These may include contract services for medical or nursing care, or consultation to safety, HR, or management to provide medical input to company health related policies and procedures. A variety of health promotion services are available to enhance employee wellness, reduce illness absence, and manage health-related expenses.

To manage workforce health, employers need the services of qualified and experienced occupational health professionals. Our February OCCUNET programs (*see information at left*) will describe the range of services we offer at Mercy Occupational Health.

COMING SOON
Orthopedic surgeons from
Steindler Orthopedic Clinic, PLC
will be seeing patients at
Muscatine
Medical-Surgical Associates
2104 Cedarwood Drive, Suite 200
Muscatine, Iowa 52761

Wednesdays & Fridays (and some Thursdays)

To make an appointment call
319-338-3606 or 1-800-373-6417

www.steindlerorthopedic.com