



INSIDE SRHS

A NEWSLETTER FROM THE CORPORATE HEALTH STAFF
OF SPARTANBURG REGIONAL HEALTHCARE SYSTEM

WHAT'S INSIDE

Winter 2020

New Team Members

Dr. Scott Cygan joined us from the US Army where he served as a brigade surgeon and physician. He will primarily see patients at our Westside office on Reidville Road. And many will recognize Michelle Neeper in our office again, she has returned to fill the Senior Practice Manager role.

DOT Updates

The DOT Clearinghouse increases percentage of drivers to be tested randomly for drugs. In February the FMCSA CMV Driver Medication Form 391.41 will expire. As soon as the DOT releases an updated form we will make this available to our distribution lists of trucking companies, and have available in our office.

Occhealth Updates

Blood Borne Pathogen Exposures and what to do after hours. Fit for Duty Expectations. PPDs Education. Hepislay replaces traditional 3 series Hep vaccine

Health and Wellness Updates

New Pathway to Health online wellness portal for our Corporate Health and Wellness partners.

Notice to Employers regarding Group Health Plans

SRHS values the opportunity to provide services to area employers and their employees. We wish to share we were recently made aware by two employers in our area that believed they had plans that contracted with certain local providers for their employees' benefit plan when in fact they did not. In these cases, the payors attempt to negotiate rates with providers outside of a contract. As you discuss options with your benefits team and consultants we do encourage you to confirm coverage for your desired network region with your carrier or broker, and you may contact the providers directly. Should you wish to discuss this information in more detail, please contact the SRHS Payor Relations department at 864-560-4060.

Breakfast Beats

Our next Breakfast Beats event is
Friday, March 27th @ 8:30AM – 9:30AM
@ 2660 Reidville Road, Unit 1 Spartanburg, SC

*Please e-mail any questions you'd like our
Medical Director to discuss.*

Limited to first 20

Please RSVP to arussell@srhs.com or 864-560-4033

Visit and share Spartanburg Regional's
Discover Health webpage anytime to find
health articles and events in the Upstate.

Spartanburg Regional hosts a myriad of events each month throughout the Upstate to support our community. You and your employees are always welcome to attend. Please feel free to promote any and all events that you feel are appropriate. Some fees may apply to certain events.

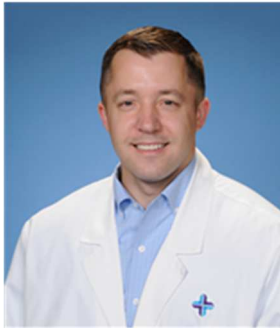
<https://discoverhealth.org/>



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Join us in welcoming our newest Team Members!



Scott Cygan, DO Physician

Dr. Cygan joined us after a career in the US Army serving as a physician and brigade surgeon. A graduate of Miami University; he also brings a strong interest and background in preventive medicine completing his Master's in Public Health from the University of West Florida. Dr. Cygan attended Midwestern University in Arizona in 2007 where he received his Doctor of Osteopathic Medicine. Completing his aerospace medicine residency at the United States Army School of Aviation Medicine. He is board certified in aerospace medicine and occupational health with experience in functional medicine. He is a FMCSA Certified Medical Examiner with the USDOT and a Certified Medical Review Officer.



Michelle Neeper, CMPE, CBCS, CCMA Senior Practice Manager

Please join us in welcoming Michelle back to Corporate Health! We are thrilled Michelle was able to help her mother recuperate in Tennessee this past year, and rejoin us in 2020! As a Certified Medical Practice Executive with her BS in Business and Healthcare Management, Michelle oversees our Team Leads and all administrative and billing activities for Corporate Health. Michelle's extensive experience in healthcare and certification as a Lean Six Sigma Green Belt solidifies her ability to manage within our multi-physician and cross functional division.



We continue to assess our net promoter scores and overall patient and customer satisfaction. Your feedback is valuable and necessary to help us continue to improve and serve you. While visiting our offices please encourage your employees to complete the patient survey made available at checkout.

And as our customer you may provide feedback in two ways, either via a short SurveyMonkey form or complete a Google review on either of our offices.

<https://www.surveymonkey.com/r/CorpHealthFeedback>



2019 RESULTS

Corporate Health Spartanburg Office

Internal Patient Satisfaction Score 4.5 ★★★★★

Google Reviews 2.3 ★★

Corporate Health Pelham Office

Internal Patient Satisfaction Score 4.7 ★★★★★

Google Reviews 4.2 ★★★★★



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New CDC Recommendations for TB Testing

Please see the below grid regarding key changes in the recommendations for TB testing.

More in-depth information can be found here:

<https://www.cdc.gov/tb/topic/infectioncontrol/healthcarepersonnel-faq.htm>

	2005 Recommendations	2019 Recommendations — Key Changes
Screening	Recommended for all health care personnel pre-placement/upon hire* Annual screening may be recommended based on risk assessment of health care facility and setting	Individual baseline TB risk assessment added Annual TB screening no longer routinely recommended for most health care personnel unless occupational risk or ongoing exposure
Post-exposure testing	Recommended IGRA or TST test for all health care personnel when an exposure is recognized* If that test is negative, do another test 8–10 weeks after the last exposure*	No change
Treatment of positive TB test	Referral to determine whether latent TB infection (LTBI) treatment is indicated	Treatment is encouraged for all health care personnel with untreated LTBI Shorter course (3 to 4 month) treatments encouraged over the longer (6 or 9 month) regimens because they are easier to complete
TB education	Recommended annually for all health care personnel*	Annual education should include information about TB risk factors, the signs and symptoms of TB disease, and TB infection control policies and procedures

NEW! Heplisav-B

In 2020, we switched from using a 3 dose Hepatitis B vaccine to a two-dose vaccine, Heplisav-B.

Heplisav-B is given at day zero and then a month later.

Benefits to using this new two-dose vaccine are:

- One less visit to the medical office for 3rd dose
- Increases number of patients who finish the series because they don't have to remember to come back for the last dose at 6 months.
- The series works faster to give protection than the 3 dose series.
- Heplisav-B gives a higher rate of protection than the Engerix-B three-dose series.

Information about Heplisav-B can be found at <https://www.heplisavb.com/>

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US DOT FMCSA Updates

The Federal Motor Carrier Safety Administration announced an increase to the minimum annual percentage rate for random controlled substance testing for drivers of commercial motor vehicles requiring a commercial driver's license. The FMCSA must increase the minimum testing percentage rate when previous calendar year data indicates a positive rate is equal to or greater than 1%. In 2018 the FMCSA survey revealed a positive rate of 1%.

This program change is effective in calendar year 2020. **The new policy increases the number from 25% of the average number of driver positions to 50% of the average number of driver positions.** Breath alcohol regulations stayed the same at 10%.

For further information you may contact the FMCSA at 202-366-4844 or fmcasadrugandalcohol@dot.gov

My Pathway to Health™ Online Wellness Portal

Password-protected online portal is **secure and confidential**. Here are just some of the tools and resources you will find on the portal:

Health Risk Assessment (HRA)/Know Your Number® Questionnaire (KYN) – questionnaire about your lifestyle behaviors

Risk score history – see your risk score and changes over time

Health Library – health info at your fingertips

Health Calculators – determine your caloric intake and other nutrition fitness measures

Health Trackers – 14 to choose from to help manage stress, glucose levels, and more

Fitness device integration – sync your fitness device and keep moving

My Action Plan goal setting tool – set your own health and wellness goals

New Paths Newsletter – updated monthly with stories, tips, recipes, FAQs (in English and Spanish)

Effective Immediately

After hours blood and body fluid exposures are to be seen in an **SRHS Emergency Center** and **not** in SRHS's Immediate Care Centers (ICCs).

Please inform the reception desk in the Emergency Center you are there due to a blood or body fluid exposure. The Nursing Supervisors ("House Supervisors") are trained in the process and will be the first point of contact in the Emergency Center.

The ICCs are not set up to treat patients with blood and body fluid exposures. **These patients should be referred to the nearest Emergency Center or Corporate Health, if between 8AM and 5PM Monday through Friday, for treatment so that appropriate bloodwork and/ or post exposure prophylaxis can be initiated.**

Fit for Duty Reminders

Corporate Health is pleased to offer Fit for Duty services to our customers when you are concerned an employee may not be ready to return to work (even when released by their treating physician).

Employee must have a medical release to return to work signed by their treating physician, and all medical records including necessary labs and imaging from their treating physician related to their condition in hand or faxed to our office prior to their appointment. Fit for duties are not to be scheduled any sooner than 48 hours and if the data/records are not in hand 48 hours prior, the staff will call the employer to reschedule the appointment.

If employee is released to work by an urgent care or emergency center provider with instructions to follow-up with a primary care physician or specialist, the employee must complete this follow-up before seeing our occupational health provider.

Please send any job description, essential job or functional requirements along with the employee or to our office in advance of the appointment.