



Spartanburg Regional
Healthcare System

Corporate Health

INSIDESRHS

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

Summer 2022

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Contact

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corporate_health@srhs.com



Is it Really Possible to Take Three Hours for a Drug Screen?

Your employee comes back to the office and tells you, "Can you believe it took three hours to get a drug screen?" Is that possible?

As in most situations, there's always two sides to every story. In this case, the employee forgot to tell critical pieces of information. Perhaps the employee didn't provide enough urine for a drug test on

the first attempt, or even better, the temperature of the urine sample was outside of the normal physiological range. This requires automatic re-collection that will usually be observed.

DOT Rule 49 CFR Part 40 Section 40.193 prescribes certain procedures for situations in which an employee doesn't provide enough urine to permit a drug test (i.e., 45 mL of urine). If the donor is unable to provide a minimum of 45 mL of urine on the first attempt, the donor is allowed to drink up to 40 ounces of fluid, distributed reasonably through a period of up to three hours, or until the individual has provided a sufficient urine specimen, whichever occurs first. It's not a refusal to test if the employee declines to drink.

Not all urine drug screens take three hours to complete. But, if it takes what seems like an unusually long time, it may be because the employee couldn't provide a sufficient sample on the first try.

We offer a variety of drug screens at both Corporate Health locations and can also provide services onsite when minimum numbers are met.



Why You Should Offer Employee Health Screenings

More Americans are increasingly delaying their routine medical care, which is an essential part of good health. Skipping preventative care visits could lead to more serious problems, and higher medical costs, particularly when it comes to detecting and treating chronic conditions.

Providing health screenings for employees is one way for employees to get a head start on the road to better health. It also makes employees feel supported and cared for by their employers. Mental health screenings are important in detecting depression or burnout.

Most health insurance expenditures go toward the sickest employees, and onsite health screenings can reduce those costs. Screening at work also saves time and money by eliminating the time spent traveling to and from a provider's office.

[Click here to learn more](#)

New Client Portal

We are very excited to announce our new client portal is up and running. If you have not yet signed up for the portal, please reach out to us. We will be discontinuing faxing and emailing soon.

Corporate Health has been seeing a few common questions when accessing data. Below are a few troubleshooting pointers:

-You must turn off your pop-up blocker on your Internet browser to enable your ability to see all pages of the documents.

-You cannot pull results from the scheduling/appointment tab. Please refer to page 3 of your instructions for directions on how to access results for drug screens, physicals, etc.

For more information on the client portal, please email Corporate_Health@srhs.com.



New Team Members

Carla Armstrong, MSN, ARPN, FNP-C

Carla is a bilingual Family Nurse Practitioner, fluent in English and Spanish. She is board-certified by the American Academy of Nurse Practitioners. Carla's nursing journey began in 2013, when she graduated from the University of South Carolina Upstate with a BA in Nursing. She worked in the Heart Center at Spartanburg Medical Center for eight years. Carla earned her MA in Nursing from the University of South Carolina, and is now an NP at two Corporate Health online locations.

Claire Sellers, MS, FNP-BC

Claire is a family nurse practitioner, board-certified by the American Nurses Credentialing Center. After graduating from the Clemson University Nursing Program in 2014, she practiced as a registered nurse for seven years in the Heart Center at Spartanburg Medical Center. Claire then earned her MA in Nursing from Clemson University in 2021. She will be working in a variety of roles at both of our Corporate Health locations and at various onsite locations.

Lanina Goode, MSN, APRN, FNP-C

A native of Greenwood and 22-year US Army veteran, Lanina earned a BA in Nursing from Chamberlain College of Nursing in 2015. She later earned an MA in Nursing from Anderson University in 2020. She is certified by the American Academy of Nurse Practitioners Certification Board. Lanina most recently worked with several doctor offices in Greenwood and surrounding areas. She will join the Corporate Health team as an onsite nurse practitioner, where she seeks to "meet people where they are on their health journey, in hopes of getting them where they want to be in their overall total health."

Cliff Floyd

Cliff serves as Director of Corporate Relations and Business Development. He has been a resident of the upstate since 1997 when he joined Mary Black Memorial Hospital as Marketing and Public Relations Director. Cliff earned his BA in Journalism from the University of South Carolina. He finds great joy in creating appropriate, customized solutions for upstate organizations' occupational health needs.

New Client Portal

We have two convenient ways to schedule corporate health visits. Please call our offices anytime or simply send us an email.

Spartanburg: corporatehealthspartanburgappointments@srhs.com

Greer: corporatehealthgreerappointments@srhs.com

High Heat Hazards: Keeping Workers Safe



OSHA estimates 31,000 work-related heat injuries involving days away from work between 2011 and 2019. As a result, the agency is paying more attention than ever to keep workers safe in hot environments. Some of the most common contributing factors to heat illnesses include low fluid consumption, no access to shade and decreased air circulation.

OSHA will soon require a documented plan to protect workers who work in the sun or other hot environments. That plan should include factors such as how your company will handle new hires and temp workers who are not yet acclimated to the heat. Also, do you have the medical capability to handle or respond to these illnesses?

[Click here to learn more](#)

DISCOVER HEALTH
POWERED BY SPARTANBURG REGIONAL HEALTHCARE SYSTEM

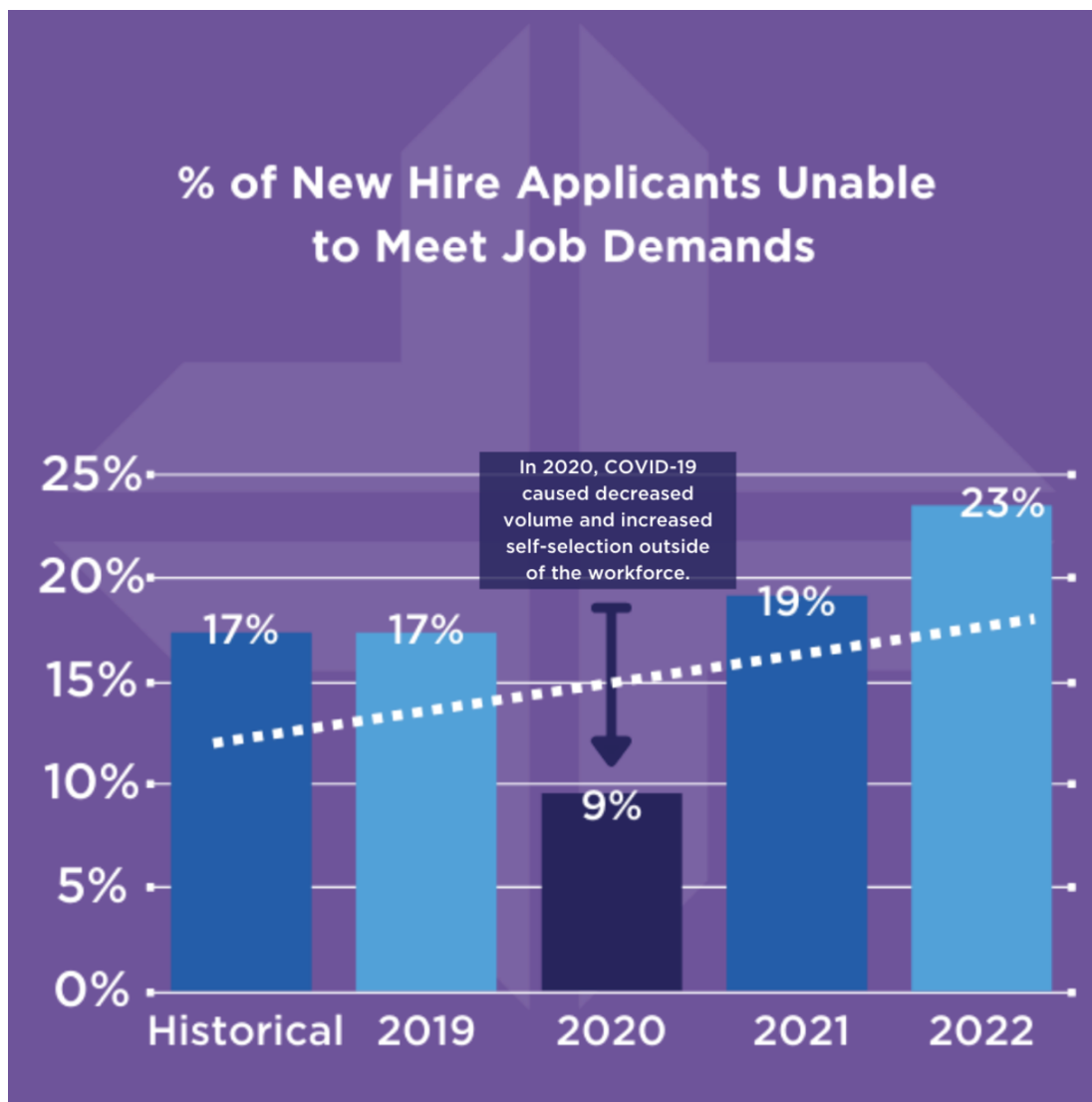


Visit and share Spartanburg Regional's Discover Health webpage anytime to find health and wellness articles to promote to your employees.

[Visit DiscoverHealth.org](https://www.discoverhealth.org)

Can Your Employees Meet the Essential Functions of the Job?

A review of our 2019-2022 Essential Function Testing (EFT) data shows a disturbing trend employers need to notice. The data shows that workers today are less likely to be capable of meeting the essential functions of the job.



-Employers may want to reconsider hiring in physically demanding jobs without an EFT to verify the potential candidate can safely meet job demands before they are hired.

-Employers who are not performing EFTs are increasingly likely to get candidates who have not met the EFT demands testing by other employers which, further enhances the risk.

Are EFT programs worth the cost? According to ErgoScience, it depends on whether your company uses a well-designed, evidence-based training program. To learn more about how much difference physical ability testing can make, click the button below.

[Click here to learn more](#)