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Corporate Health



Corporate Health Newsletter

Fall 2022

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Should Onsite Services be in Your Organization's Future?

With more than 20 years of experience in corporate



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Onsite clinic services through Spartanburg Regional Corporate Health create convenient access to care while reducing overall healthcare costs. In some cases, you may save \$3 for every \$1 spent on our services.

Our primary care clinics offer basic preventive services, acute care and disease management, basic lab work and education services.

We can also provide occupational health services including work-related injury assessment and care, and pre-employment and annual substance abuse, hearing and pulmonary function testing.

We also offer onsite physical therapy services to eliminate travel expenses and lost productivity/work time associated with offsite treatments. These services are staffed by therapists with a recognized specialty in the occupational arena including ergonomics certification. Our experience has shown us the best practice use of a PT/ergonomist for employers is proactive injury prevention services on the floor versus reactive therapy and recovery in a clinic. Our ability to address associate needs anywhere within the musculoskeletal wellness spectrum allows us to achieve and maintain optimal functional and return-to-work outcomes at our employer sites.

Regardless of what onsite services plan we design for your company, you will receive timely reporting that informs you of the types, volumes and diagnoses of visits. This report also highlights cost avoidance figures.

To learn more about the benefits of onsite clinics, click [here](#).

After-Hours "On-the-Job" Injuries 24-Hour Hotline

Not every after-hours visit means a trip to the emergency room. Although not occupational health specific, Regional Nurse-on-Call uses national standardized guidelines to triage the situation and determine the best course of action for you and your injured team member.

Regional Nurse-on-Call phone numbers:

864-577-4059

888-897-1027



What to Expect During Your DOT Physical Visit

To better serve you, the following guidelines and instructions will ensure your DOT medical exam will go smoothly.

- Have baseline knowledge of your current medical condition(s) and history such as surgeries, interventions or other ongoing medical problems. **Bring any medical records** related to your medical conditions as appropriate to the exam. Pay special attention to any treatment related to **seizures, diabetes, thyroid, hypertension, sleep apnea or cardiac concerns**. You may be required to undergo additional testing such as cardiac stress or sleep testing.
- If you have any cardiac, respiratory, neurological, renal, GI related disorder, mental health or chronic pain issues for which you see a specialist on a regular basis, then you must bring a medical clearance(s) from the treating provider confirming the medical condition remains stable, you are compliant with medications/treatment recommendations, and if your condition in any way affects your ability to drive a commercial vehicle in a safe manner. The DOT medical examiner will review the documents before making any recommendations and it is possible that additional documentation such as labs results, diagnostic studies and/or office notes from the most recent specialist office visit may be required.
- Sleep apnea requires an annual certification. Please bring a copy of your CPAP usage/compliance report from your sleep specialist certifying compliance and effectiveness. CPAP records should show three months or more of data, minimal acceptable compliance with CPAP is at least four hours/day of use 70% of days.
- Bring all medications or a **list of the medications and dosages** with you. Narcotics, benzodiazepines, schedule II medications and other chronic pain medicines may indicate a need to disqualify. A completed CMV Driver Medication Form MCSA 5895 is necessary from the driver's

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physician and should state he or she is free of any significant adverse effects from the medications for driving. Please bring this completed questionnaire to your exam.

- **Please be prepared to give a urine specimen** for testing and/or possible drug testing. The urine specimen may be tested for glucose (sugar) to check for diabetes or blood/protein for kidney disease. If the urine specimen is positive for glucose, a finger stick for blood glucose (blood sugar) is required. Do not eat excessive sweets or meals prior to arrival as this may elevate your blood sugar.
- An eye examination is part of the exam process. **Please bring your current eyeglasses or contacts with you to ensure an accurate assessment of your vision.** You must have at least 20/40 vision in each eye to be qualified for a DOT medical certificate.
- A driver who requires insulin to control diabetes may be qualified with a one-year certification if requirements are met. Drivers need to bring the DOT's ITDM Assessment Form, MCSA 5870 to their treating clinician prior to their DOT medical exam appointment. You must bring this ITDM Assessment Form completed by the treating clinician with all associated records, including three months of glucometer readings, to the DOT certified medical examiner within 45 days of the assessment form's completion to be evaluated.
- Your blood pressure will be measured. If it is elevated, you may be required to return for further readings or referred to your primary care provider for evaluation and possible treatment. Consuming caffeine, decongestants, energy drinks, heavy salt foods or smoking prior to your arrival may elevate your blood pressure. **Your length of DOT certification may be reduced depending on your blood pressure reading and/or treatment.**
- A hearing test (audiogram) or whisper test is required as part of your exam. **If you routinely wear hearing aids, please bring them with you.** If you have seen an audiologist for a significant hearing problem, **please bring documentation regarding your audiologist's evaluation.**
- **Valid picture identification** that is government or work issued is required. **Social Security cards are unacceptable.**
- Bring all appropriate paperwork that your company provides you to the exam. Also, please fill out all pertinent sections such as the medical history **prior to arriving.**

If you are a DOT driver or client and have questions about certain medical conditions, medications or produces done PRIOR to the DOT physical, please call our office and speak with a DOT medical examiner.

Newcomers

Bradley Young, MS, FNP-BC

After graduating from Weber State University in Ogden, Utah in 2004, Bradley earned a master's degree in nursing in 2009 from the University of North Carolina — Chapel Hill. After practicing most recently in a Vidalia, Georgia orthopaedics practice for 10 years, Bradley has relocated to the Upstate, where he will serve as a nurse practitioner at both Corporate Health locations.

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More Manufacturing Workers Testing Positive for Drug Use

According to Quest Diagnosis Drug Testing Index, overall positivity of a number of drugs increased by 28.6% from 2017 to 2021. It should be no surprise that marijuana was the greatest factor and that there were higher rates of positivity in individuals tested after on-the-job incidents.

So how do companies navigate the legal issues of testing versus safety concerns for all employees? Read [here](#) to find out more.

Top Ranked Hospital

In 2022, Spartanburg Medical Center was the top ranked hospital in Upstate South Carolina, according to U.S. News & World Report.

U.S. News & World Report recognized Spartanburg Medical Center as high performing in 11 adult procedures and conditions, including colon cancer surgery, lung cancer surgery, prostate cancer surgery, heart attack, aortic valve surgery, heart bypass surgery, heart failure, kidney failure, diabetes, stroke and COPD.




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Five Safety Spots Organizations Can't Overlook

Even one workplace accident can have long-lasting effects for both the injured individual and the company. U.S. employers pay approximately \$1 billion in workers' compensation every week. That's not counting other direct and indirect costs.

Review the basic areas every organization shouldn't ignore [here](#).

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