



# The Pulse

Florida Department of Health, Palm Beach County's Newsletter

To be the Healthiest State in the Nation

Volume 15 - Issue 3

Summer 2018

## Healthiest Weight



# SUMMER ENDS SOON & BACK TO SCHOOL

### INSIDE:

Back to School Immunizations  
Oral Health  
Special Needs Shelters  
Carbon Monoxide  
Nurse Family Partnership Graduation  
HIV Test Day

# From the Director

Summer is a great time to remind us of three important preventive measures:

1. Hurricane Preparedness
  - a. Follow these important hurricane preparedness tips from CDC:
    - i. Preparing for a Hurricane: Take basic steps now to ensure your safety should a storm hit.
    - ii. Emergency Supplies You Will Need: Stock your home and your car with supplies.
    - iii. Make a Plan: Create a family disaster plan.
    - iv. Avoid Flooded Areas: Take precautions before, during, and after a flood.
    - v. Prepare to Evacuate: Never ignore an evacuation order.
    - vi. Protecting Older Adults: Understand older adult health and medical concerns.
    - vii. Protecting Pets: Ensure your pet's safety before, during, and after an emergency.
    - viii. Prevent carbon monoxide (CO) poisoning after the storm: Ensure your CO detector has working batteries. Place generators outside at least 20 feet from any door, window, or vent.
    - ix. After a hurricane: Learn how to avoid injuries, make sure your food and water are safe, and clean up mold safely.
2. Back to school Immunizations
  - a. Heading back to school is an exciting time of year for students and families. As students go back to school, it is important that they eat healthy and stay active, are up to date on their immunizations, and know the signs of bullying for a healthier and safer school year.
  - b. What about using this message to also encourage adults to check if you are up to date on your vaccines? Check on Tetanus and Pertussis. What about your pet's rabies and other recommended vaccines?
3. Avoiding summer injuries
  - a. Drownings are the leading cause of injury death for young children ages 1 to 4, and three children die every day as a result of drowning. Always supervise children when in or around water. A responsible adult should constantly watch young children. Teach kids to swim. Formal swimming lessons can protect young children from drowning. Learn cardiopulmonary resuscitation (CPR). Your CPR skills could save someone's life. Install a four-sided fence around home pools.
  - b. Heat-related illness happens when the body's temperature control system is overloaded. Infants and children up to 4 years of age are at greatest risk. Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather. For heat-related illness, the best defense is prevention. Never leave infants, children, or pets in a parked car, even if the windows are cracked open. Dress infants and children in loose, lightweight, light-colored clothing. Schedule outdoor activities carefully, for morning and evening hours. Stay cool with cool showers or baths. Seek medical care immediately if your child has symptoms of heat-related illness. Use sunscreen with at least SPF (sun protection factor) 15 and UVA (ultraviolet A) and UVB (ultraviolet B) protection every time you and your child go outside.



*Alina Alonso* Alina Alonso, MD  
Director

inside this issue

From the Director.....	2
Back to School Immunizations .....	3
Oral Health .....	3
Special Needs Shelters .....	4
Carbon Monoxide & Hurricanes .....	5
Nurse Family Partnership Graduation. ....	6
Women's health Initiative.....	7
HIV Test Day.....	8
Operation Fire House .....	9
Residency Graduation .....	9
Lantana Health Center .....	10-11



# It's that time of year again... Back to School Crunch



Each year at the end of July and first few weeks of August, the immunization clinics throughout the county are extremely busy preparing students to return to school in August. To accommodate all of the immunization clients this year, from July 30 to August 17, immunization services will be provided at two POD's (Points of Dispensing) in the county: West Palm Beach and Lantana Health Centers. Jupiter and Delray Beach Health Centers will not be providing immunization services during this time. All Clients, during this time, will be redirected to the nearest Health Center providing immunizations. Appointments and walk-ins will be welcomed at the West Palm Beach Health Center. Walk-ins only will be welcomed at the Lantana Health Center.

The immunization team throughout the county is looking forward to immunizing the students of Palm Beach County during the "Back to School Crunch". The multidisciplinary collaboration of the Health Department and community partners will provide better service, reduce wait times and assure every student is ready for school.

## Oral Health and Academic Success

With the approach of a new school year, there is always a rush to get required physicals and immunizations completed. During this time, oral health should not be forgotten. It is recommended that children receive at least an oral health assessment if not a complete oral exam before entering school. Many days of absence each year can be attributed to acute dental problems. Preventive dental services and intervention in the dental disease process can save some of this lost school time. Often times, a parent may send a child to school with ongoing dental pain. In this circumstance, academic performance can suffer due to inability to concentrate. Oral health is part of overall health and a healthy child has the best chance for academic success.



## Attention:

From July 30, 2018 through August 17, 2018, we are only providing immunizations at the following three

**DOH-Health Centers:**

West Palm Beach Health Center,

Lantana Health Center,

C.L. Brumback (Belle Glade) Health Center.

If your student requires immunizations for school during this time, please schedule an appointment by calling the DOH-Palm Beach County Appointment Line at: 561-625-5180.

### **West Palm Beach Health Center:**

Location: 1150 45th Street, West Palm Beach, FL 33407

Appointments Accepted, Walk-ins welcomed first come, first serve basis from  
9:00 a.m. to 1:30 p.m.

### **Lantana Health Center:**

Location: 1250 Southwinds Drive, Lantana, FL 33462

Walk-ins Only first come, first serve basis from  
7:30 a.m.- 3:30 p.m.

### **C.L. Brumback Health Center**

Location: 38754 State Road 80, Belle Glade, FL 33430

Appointments Only: Monday and Friday.

**Note: DOH-Palm Beach County does not provide school physicals.**

### **Please do not wait until the last minute to vaccinate your child for school.**

Entrance requirements into Palm Beach County Schools are:

- 1) Returning students should be current for required immunizations check your vaccination records.
- 2) New enrollees are required to have proof of vaccinations against Diphtheria/Tetanus/Pertussis, Polio, Measles/Mumps/Rubella, Hepatitis B, Varicella.
- 3) Students entering 7th grade should have a Tetanus/Diphtheria/Pertussis Booster. (TdAP)
- 4) A physical is required if entering VPK, Kindergarten, 7th grade or entering into a Palm Beach County schools for the first time.

# Special Needs Shelter(SpNS) 2018

## Where to Go in a Storm

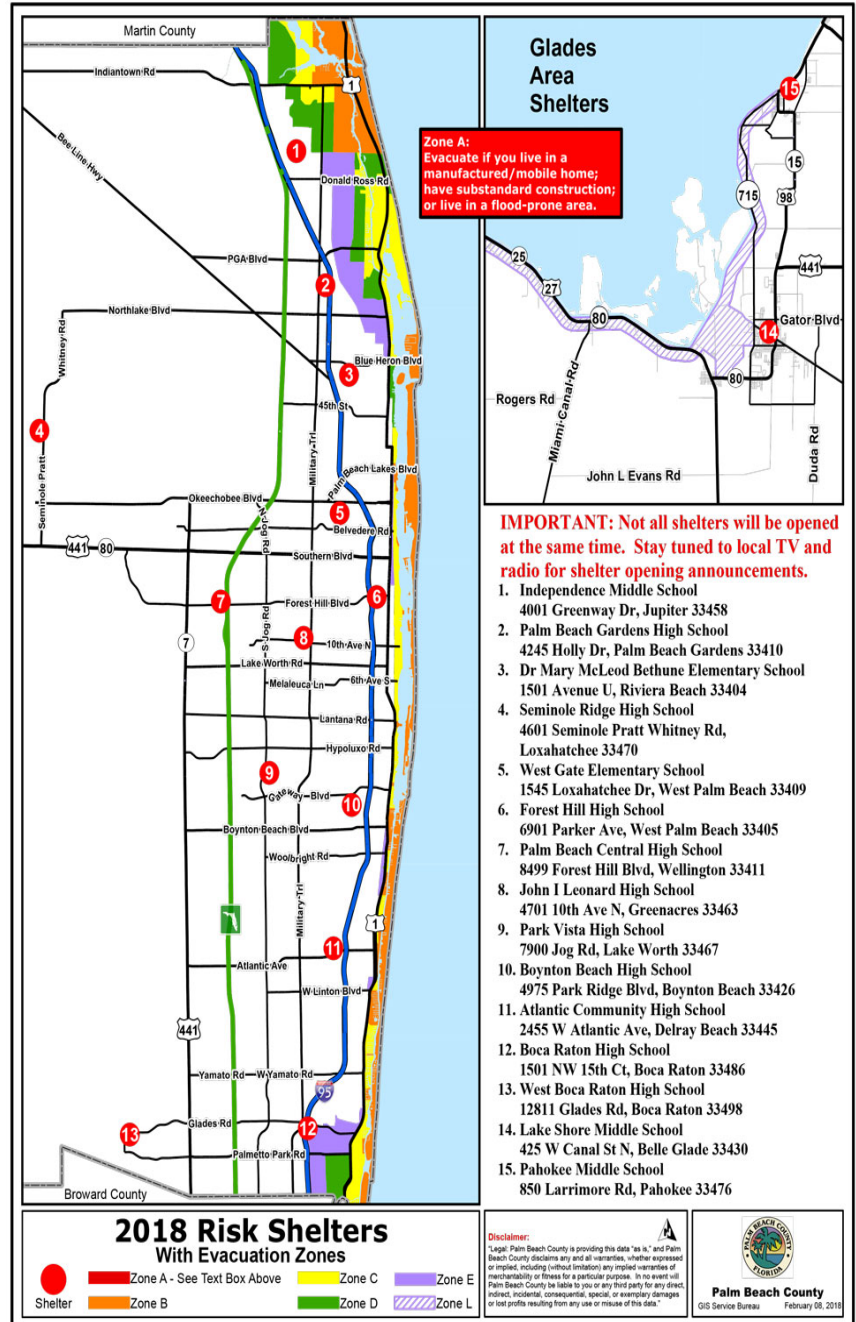
Palm Beach County has 15 shelters strategically placed throughout the county to house persons needing to evacuate during a pending hurricane. These shelters provide a safe haven from the storm and this year will also have a nurse in every shelter. See Map.

The Department of Health staffs and coordinates the operation of the Special Needs Shelter (SpNS). This facility requires pre-registration to assure a bed is available and to assess the medical need for attending this shelter.

Person's living alone who might be oxygen dependent can come to the SpNS and Department nurses will work with them until the storm passes to assure needs are taken care of. If you live in an evacuation zone, and require a caregiver, that caregiver must accompany the attendee and stay with the patient until the all clear is given.

In all, the SpNS has 500 beds available for those in need, and includes 50 beds for special needs children. Food and water is available throughout the stay. Persons must bring their own medications, concentrators, oxygen, or other medical needs. A caregiver will need blankets and sleep equipment as only a chair is supplied for that person.

We have three teams of 12-14 nurses working three eight hour shifts per day. Team A: the first group to arrive will be responsible for before the SpNS opens to assist with set-up and triage as the first group arrives. Before conditions deteriorate to the point where driving is impossible, the nurses from Team B will arrive and stay until the all clear is issued. Once the all clear is given and it's safe to travel, Team C will arrive and rotate shifts every eight hours until the SpNS is closed. In addition to the nursing teams, the shelters will need 40 non-nurse assistants to help before, during and after the storm.\*



Patient registration for the SpNS is handled through the Palm Beach County Emergency Operations Center. You can call 561-712-6400 or sign-up online at <http://discover.pbcgov.org/publicsafety/dem/Pages/Special-Needs.aspx>

**\* Persons wishing to volunteer can contact the SpNS Nurse Coordinator at 561-547-6800.**

## Carbon Monoxide Poisoning— Caution using generator following a storm

Carbon monoxide (CO) is a colorless and odorless gas that is commonly emitted from machines that run on gasoline, like cars or portable generators. When people breathe CO in, it can cause a number of symptoms including becoming lightheaded or nauseous.

Severe CO poisoning can cause loss of consciousness and even death. During 2017, the Florida Department of Health (DOH) saw a marked increase in CO poisoning cases reported across the state. This increase was seen in Palm Beach County as well, with 82 cases reported to DOH-Palm Beach last year. This over doubled - and even quadrupled –what was reported in previous years (see figure below).

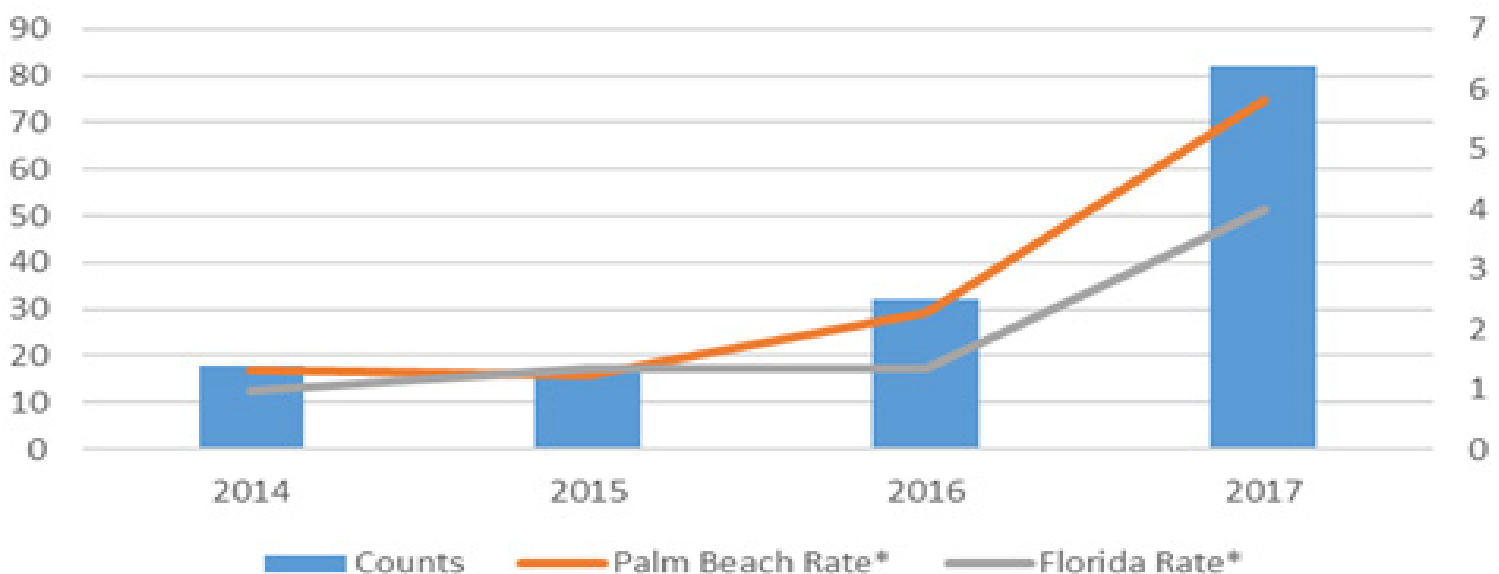
### CARBON MONOXIDE (CO) POISONING



One of the major drivers of this increase in cases was the active hurricane season Palm Beach experienced in 2017. 62% of confirmed and probable CO cases investigated by DOH-Palm Beach were associated with Hurricane Irma. According to a 2017 article from the Miami Herald, Hurricane Irma left over half a million Palm Beach County residents without electricity, and many turned to portable generators to be able to power their home. However, when generators were run in closed garages, under awnings, too close to homes, or near propped open doors or windows it put residents at risk for CO exposure.

The Centers for Disease Control and Prevention recommends that generators be kept at minimum 20 feet away from doors, windows and any structure. Even if doors or windows are fully or partially open, generators should never be used inside the home or garage. CO detectors that are installed within the home and use a battery can help give a warning if CO makes it into your home, even when the power is out. CO detectors can be purchased in preparation for hurricane season at some hardware stores and online.

Confirmed and Probable Cases of CO Poisoning in  
Palm Beach County by Year





# NFP

The Nurse-Family Partnership in Palm Beach County empowers first-time moms to transform their lives and create better futures for themselves and their babies.

In 2018 we celebrate 10 years of collaboration between the Department of Health, the Children's Services Council and the formation of the NFP.

The NFP has specially trained nurses that regularly visit young, first time moms-to-be, starting early in the pregnancy, and continuing through the child's second birthday. Expectant mothers benefit by getting the care and support they need to have a healthy pregnancy. At the same time, new mothers develop a close relationship with a nurse who becomes a trusted resource they can rely on for advice on everything from safely caring for their child to taking steps to provide a stable, secure future for them both. Through the partnership, the nurse provides new mothers with the confidence and the tools they need not only to assure a healthy start for their babies, but also to envision a life of stability and opportunities for success for both mother and child.

2018 also celebrates another program graduation. The Palm Beach County Nurse-Family Partnership program has graduated over 415 families.



## Women's Health Initiative (WHIN) Program



Beginning in November 2009, the Children's Services Council of Palm Beach County collaborated with the Department of Health in redesigning the Women's Health Initiative (WHIN) Program. The WHIN program is designed to address health and wellness needs of black, English, speaking women residing in zip codes 33401, 33403, 33404 and 33407, who are either pregnant or have a baby.

Families in the WHIN program receive home visits from a multi-disciplinary team of Registered Nurses, Licensed Nutritionists and Licensed Mental Health Therapists throughout their pregnancy and until their child is one-year-old.

In addition to providing home visits, the WHIN nurses facilitate group activities throughout the year with community partners located in the WHIN zip codes. These activities bring awareness to topics such as the social determinants of health, physical, social and emotional family health, safe sleep, child growth and development, adverse childhood experiences (ACE), newborn care, school readiness, immunizations, family planning and many more in an effort to bridge the gap and reduce the black infant mortality and disparity rate in Palm Beach County.

In September, the WHIN team will be accepting a Proclamation from the Board of County Commissioners for its contribution in reducing the Black Infant Mortality rate in Palm Beach County. The WHIN team will also participate in the annual Infant Mortality Month Awareness Celebration hosted by Children's Services Council of Palm Beach County. This event acknowledges the collaborative efforts in reducing both the black infant mortality rate and the racial disparity rate, which are the lowest they have ever been in Palm Beach County.

Editor's Note: The efforts of the WHIN program in collaboration with our community partners is now under review by the CDC as a best practice model. An objective of the program was to reduce the black infant mortality rate in Palm Beach County from 7.1 per 1,000 live births to 6.9 per 1,000 live births. To date the black infant mortality rate has been reduced to 6.0 per 1,000 live births. This rate now matches the Healthy People 2020 goal.



# HIV Test Day

On June 27th each year we recognize National HIV Testing Day (NHTD), and this year was a huge success with over 600 HIV tests performed during the week-long schedule of events. NHTD is a great opportunity to raise awareness about the importance of HIV testing, early diagnosis of HIV and to confront HIV related stigma and discrimination. The Florida Department of Health in Palm Beach County partnered with eight local organizations, churches and businesses to produce more than 26 HIV Testing events in nine municipalities throughout County for National HIV Testing day-week, June 23-30, 2018. Additionally, as in years' past, DOH-Palm Beach partnered with FoundCare, Inc. and Community Health Center of West Palm Beach, and two local community health clinics, to provide HIV testing at multiple Walgreens locations throughout Palm Beach County on June 27th.

This year's theme was "Test Your Way.

Do It Today", and is a call to know your status now.

The campaign was designed to motivate your neighbors and friends to get tested and share their examples through social media platforms. Although NHTD has come and gone for 2018, let's not stop the promotion of HIV testing. Get tested today and encourage others via social media. Keep using those social media hashtags!

#doingit #TestPalmBeach #GYST  
#KnowYourHIVStatusFL





# Operation Fire Station

In March and April 2018, two Students Working Against Tobacco (SWAT) Clubs partnered with local fire rescue stations to launch an experimental project known as Operation Fire Station. The participating schools were Boynton Beach High School and Riviera Beach Preparatory and Achievement Academy.

Each SWAT Club was assigned the task of developing a 30 to 60 second script as a method to bring about social awareness regarding preventable household fires involving tobacco products. Upon completion of the script, the designated local fire rescue staff members were invited to be active participants in the filming of a public service announcement. In addition, the video footage was uploaded to the school's website, Facebook, Instagram and other forms of social media outlets.



On June 28th 2018 the Preventive Medicine Public Health Residency program held its annual graduation celebration. This year's graduates were Dr. Jyothi Gunta and Dr. Damian Dyer. Dr. Robert Parkes was recognized as both Faculty member of the Year and Exceptional Non-Clinical Instructor. The keynote speaker was Dr. Alina Alonso, who regaled the audience with ten lessons gleaned from her 30 years in public health.

Our new residents attending the graduation were Dr. Farhat Shireen and Dr. Tasha Alexis. They begin their first year rotation in Public Health in July.

Looking ahead, Dr. Solaide Akintade and Dr. Peter Edemekong our third year residents, have taken on several projects in Palm Beach County.



# LANTANA HEALTH CENTER SITE ACCREDITATION REPORT



Lantana Health Center received its Centering site accreditation report and new certificate of compliance. Although more work is needed to meet all of the stringent standards set by the Centering Healthcare Institute, Lantana exceeds most standards in every other way and consequently passed this year's audit.

It is especially important to note the following metrics specific to the Lantana Center indicated by the report:

- % of centering patients who were highly satisfied with their care = 99%
- % centering babies born prematurely (before 37 weeks) = 4.0% (standard is less than 7.8%)
- % centering moms breastfeeding at discharge from hospital = 91% (standard is greater than 82%)

Congratulations to every staff member on this stellar accomplishment. The work that is done has a great impact on the lives and future health of our community. Thank you all for what you do and keep up the great work!





# Lantana Health Center Partnerships Health Fair

Lantana Health Center in partnership with Healthy Mothers Healthy Babies and Children's Services Council (CSC) held an open house in July to let patients know about the health services offered at the center and through our community partnerships.

Participants included Sickie Cell Foundation, Oh Baby 3D/4D Ultrasound, DOH WIC, DOH Civil Surgeon from Delray Center, HMHB of Palm Beach County, CSC, Bridges, and Homesafe/Healthy Beginnings.



## Services Provided

Florida Health Palm Beach County is a service organization responsible for the health of over a million residents in Palm Beach County.

The many and varied core programs include disease prevention and control, environmental public health, school health and health education. In addition, the department shares responsibility for primary care of the medically indigent population of the county with the Health Care District of Palm Beach County and private sector by providing millions of services annually through six health centers.

Florida Health Palm Beach County has served as the model agency for the State of Florida and many other states throughout the country. For over 60 years it has led the way with innovative programs that include:

- ✓ Immunizations for children
- ✓ Parental education in child care from pregnancy to birth and beyond
- ✓ Monitoring the land, air and water
- ✓ Monitoring and testing for potential epidemics

The future holds many unknowns, but Florida Health Palm Beach County will be there to serve your needs.

**HEALTH ACCESS DIVISION** (561) 671-4036

**EPIDEMIOLOGY & COMMUNICABLE DISEASE**  
(561) 671-4184

**ENVIRONMENTAL PUBLIC HEALTH** (561) 837-5900

**COMMUNITY & SCHOOL HEALTH** (561) 671-4161

**MATERNAL CHILD HEALTH** (561) 671-4140

**STD/TB** (561) 803-7362

**IMMUNIZATIONS** (561) 840-4568

**NUTRITION SERVICES** (561) 671-4089

**PUBLIC HEALTH PREPAREDNESS** (561) 671-4014

**PREVENTIVE MEDICINE/PUBLIC HEALTH  
RESIDENCY PROGRAM** (561) 837-5165

**DENTAL PUBLIC HEALTH** (561) 837-5560

**VITAL STATISTICS** (561) 837-5841

**WIC** (561) 357-6007

**APPOINTMENT LINE**

**1-855-GET-APPT (438-2778)**

**(561) 625-5180**

## Health Centers



### Delray Beach Health Center



225 South Congress Avenue  
Delray Beach, FL 33445  
(561) 274-3100

### C.L. Brumback Health Center



38754 State Road 80  
Belle Glade, FL 33430  
(561) 983-9220

### Jupiter Auxiliary Health Center



6405 Indiantown Road  
Jupiter, FL 33458  
(561) 746-6751

### Lantana/Lake Worth Health Center



1250 Southwinds Drive  
Lantana, FL 33462  
(561) 547-6800

### Northeast Health Center



851 Avenue "P"  
Riviera Beach, Florida 33404  
(561) 803-7300

### West Palm Beach Health Center



1150 45th Street  
West Palm Beach, FL 33407  
(561) 514-5300

**Florida Health Palm Beach County**  
**Main Phone Number**  
**(561) 840-4500**