

Procedures in Place for Medical Emergencies

Contributed by C. R. "Jay" Smithers, Director of the West Virginia Division of Protective Services.

When medical emergencies occur on the State Capitol Complex, all employees should extend common courtesy and be acutely aware that they, themselves, are a critical resource in these situations.

Employees can offer assistance such as placing a call for medical assistance when a coworker or visitor has become ill or has experienced an accident causing injury. In the event that professional medical attention is necessary, the Division of Protective Services employs a full-time registered nurse, Marsha Booth, who is a primary medical first responder. Ms. Booth is located in Building 1, Room 9-A and may be contacted at 558-3663 or 558-9911; also, many Capitol Complex employees are trained in cardiopulmonary resuscitation (CPR) and other first

aid methods. *Employees can provide valuable assistance by allowing medical responders to quickly and efficiently arrive at the location where medical care is needed and provide them with an area to perform their work that is free of obstruction and pedestrian traffic.*

In the event that off-campus first responders (Metro 911 and Charleston Fire) are called to the Capitol Complex, employees should give every consideration to allow them entry into a building and a clear path to the location where their services are needed. Due to the Capitol Complex now being more secure and many building doors locked, the Division of Protective Services (Capitol Police) has established a protocol with local first responders. Capitol Police Officers will make every

attempt to meet first responders at designated doors to get them into buildings quickly and may from time to time solicit employee assistance with this task.

During a medical emergency, Capitol Police Officers follow a specific procedure to expedite the care of an ill or injured individual. When an emergency is above the first floor in a building, an elevator is secured to serve as medical transport for the first responders and the patient. When the elevator is secured, it will be used **only** for medical transport and will not be available to employees until the first responders have exited the building. Floor Captains have the responsibility of meeting

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Safety and Security at the ATM

Edited and reprinted from the Spring 2006 issue of The State Credit Union's newsletter.

The convenience of Automated Teller Machines (ATMs) carries an increased need for security and personal caution. ATMs can be located just about anywhere, and they are available 24 hours, 7 days a week.

One of today's biggest concerns is identity theft, where your account information is stolen, and charges and other bills are made in your name. Criminals often begin their theft with stolen ATM information.

To protect your identity and ensure your personal safety, exercise caution when using an ATM.

What You Can Do?

Protect your ATM card as if it were cash – report lost or stolen cards immediately.

Safeguard your Personal Identification Number (PIN). ATM fraud is most often committed by individuals who know the ATM cardholder.

- ✗ Don't give the number to anyone.
- ✗ Don't write your PIN on your card or keep it in your wallet.
- ✗ Avoid using numbers that are easy to identify (birth date, address, phone, etc.)

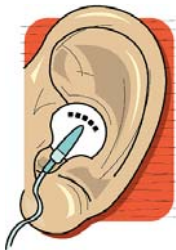
Never leave your receipt behind, even with an incomplete transaction. Discarded ATM receipts are a primary means of identity theft and account fraud. Even at



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MP3s, iPods, and Hearing Loss

Ever since the advent of portable music players such as cassette tape players and CD players, doctors have been concerned about hearing damage. With the entrance of the Apple iPod, however (14 million sold in 2005), a total of 38 million portable players were shipped to U.S. retailers last year, including those by iRiver, Sony, and SanDisk. About 28% of Americans own a player.



The volume level on an iPod's can hit up to 115 decibels. On a decibel scale, that's between a chainsaw and a jackhammer! The National Institute for Occupational Safety and Health says, "The exposure limit for safe headphone listening is one hour a day with the volume no higher than 60%."

Hearing specialists at Michigan State University are seeing many 20-year-olds with the equivalent of "50-year-old ears" because they are exposing themselves to higher sound levels. **Earphone manufacturers such as Shure, Sony, Bose, and Panasonic say sales of sound-isolating earphones are way up. These battery-operated ear sets have tiny microphones within each ear piece that detect ambient noise. They send a signal canceling the noise so music can be heard well at a lower volume.**

It's not just your kids who are at risk. If you're a regular with the CD or MP3 explosion, your ears need attention too. Keep a check on yourself and your kids' hearing by monitoring the volume level of music.

When Your Child Has Hearing Loss ...

WHAT NOW?

There's a new avenue of support for families dealing with hearing loss and deafness in children.

WHAT NOW? is a quarterly publication developed by Melinda Siler and distributed through the West Virginia Commission for the Deaf and Hard of Hearing. Siler came up with the idea after asking, "What now?" when she ran into stumbling blocks while dealing with her youngest daughter's hearing loss.

WHAT NOW? provides information to help families gain knowledge and understanding so that the best decisions can be made. You can read the first and second issues at www.wvdhhr.org/wvcdhh/Newsletter/newspaper_toc.htm.

A Word About

Alexander Graham Bell

You remember him, don't you? The Father of the Telephone? Did you know he was also called the Father of the Deaf? Bell was born into a family that had significant interest in speech and hearing/hearing loss. His father and grandfather trained him in public speaking and in teaching the deaf how to speak. Bell also studied anatomy, physiology, and music, and he used his experience in all these areas as a biological basis to develop that instrument of good and evil which we popularly call the telephone. His original intent was to build a device that would allow him to communicate with his deaf-mute wife and deaf mother. And the decibel unit – the measure of sound intensity – came from the original bel unit, which was named for him.

FREE ~ FREE ~ FREE

MAY 26-28, 2006

At the Cultural Center and on the State Capitol Grounds

Old-Time Music
Ethnic & Traditional Dancing
Craft & Quilts ~ Kids' Games
Food ~ Storytelling ~ Concerts

FRI.: Concerts & Jam Sessions
SAT.: Concerts, Jam Sessions, & Contests
SUN.: Contests & Gospel Concert

Contests open to West Virginia residents only

For complete details, visit:
www.wvculture.org

Deaf Tech Fair

2006

West Virginia Commission for the Deaf and Hard of Hearing

Sponsors the Second Annual

Deaf Tech Fair

Charleston Civic Center
Charleston, West Virginia

Saturday, May 20, 2006
10 a.m. to 4 p.m.

Admission is Free

Everyone is Welcome:
Deaf~Hard of Hearing~
Deaf/Blind~Hearing~
Children

WEST VIRGINIA Department of Health
Human Resources

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Secretary

www.wvdhhr.org/wvcdhh

PEIA's Notice of Privacy Practices Explains Employees' Rights

Contributed by Michael Harmon of the Public Employees Insurance Agency.

The Federal Health Insurance Portability and Accountability Act of 1996 (HIPAA) requires health plans to protect the privacy of members' personal information. It also gives individuals more control over their information.

All members of the PEIA health plans have certain rights with regard to their personal information. These rights are explained in the Notice of Privacy Practices, which is distributed to all PPB plan members. The HMOs also distribute a similar Notice to their members. PEIA's Notice can be found on its website at www.westvirginia.com/peia/content/Privacy%20Notice.pdf. If you participate with one of the HMOs, please contact them, or visit their respective websites, for a copy.

In order to exercise the rights described in PEIA's Notice, requests must be submitted in writing to PEIA. For more detail of your rights please see the notice on PEIA's website, in your Summary Plan Description, or contact Michael Harmon at (304) 558-6244 Ext. 210.

Divorce and Access Rights to Your Children's Medical Records

Information below is reprinted from the Board of Medicine's Winter 2006 Quarterly Newsletter (www.wvdhhr.org/wvbom/Newsletter/2006/march06newsletter.pdf).

In this day and age, many physicians treat children of divorced parents, in which custody is shared or full custody is given to one parent. At times, a question arises as to who has access to the child's medical records.

West Virginia State Law (*West Virginia Code § 48-9-601. Access to a child's records.*) states:

- (b)(1) Each parent has full and equal access to a child's medical records, absent a court order to the contrary. Neither parent may veto the access requested by the other parent. If necessary, either parent is required to authorize medical providers to release to the other parent copies of any and all information concerning medical care provided to the child which would otherwise be properly released to either parent.
- (2) If the child is in the actual physical custody of one parent, that parent is required to promptly inform the other parent of any illness of the child which requires medical attention.
- (3) Each parent is required to consult with the other parent prior to any elective surgery being performed on the child, and in the event emergency medical procedures are undertaken for the child which require the parental consent of either parent, if time permits, the other parent shall be consulted, or if time does not permit such consultation, the other parent shall be promptly informed of the emergency medical procedures: *Provided*, That nothing contained herein alters or amends the law of this state as it otherwise pertains to physicians or health care facilities obtaining parental consent prior to providing medical care or performing medical procedures.




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the elevator at their respective floors to direct first responders to the individual requiring medical attention.

As we are all aware, at the present time only two elevators are operable in both Buildings 5 and 6, one freight elevator and one passenger elevator. However, during medical emergencies, the passenger elevator will be secured for medical transport as it is designed to be key-locked to provide manual override single floor service. Specifically, the elevator will not stop at each floor to allow entry or exit to individuals, but rather will stop only at the floor designated by the individual operating it. Again, during the emergency, the elevator will not be available to employees until first responders have exited the building.

Employees are asked to exhibit patience and empathy during a medical emergency so that first responders are not inhibited from performing their job, which on occasion, is to apply lifesaving measures.



**14th ANNUAL
PUBLIC EMPLOYEES
GOLF TOURNAMENT**

Entry Deadline May 31

Mon., June 12, 2006 10 A.M.

Pipestem Resort State Park

\$50/person, inc. greens fees, cart, & cookout
Limited to first 140 golfers - retirees welcome

Rooms \$60 (dbl. occup.) 1-800-CALLWVA
Identify yourself as a tourney participant

Prizes for both men's & women's divisions
Low Gross /Net Scores (Callaway System)
Closest to Pin/Longest Drive Contest
DOOR PRIZES!!

Want a practice round? June 11 - \$25
Tee times begin at 1 P.M.

**For more information, contact
Ken Caplinger
kcaplinger@dnr.state.wv.us
or 558-2764**

Shepherd University Named to Princeton Review's America's Best Value Colleges

Edited and reprinted from the Shepherd University website (www.shepherd.edu/university/releases/2006/princeton.html).

Shepherd University has been named to the 2007 edition of the book, *America's Best Value Colleges*, published by the Princeton Review.

The book profiles 150 colleges with excellent academics, generous financial aid packages, and relatively low costs. Named to the list were 103 public and 47 private colleges in 40 states. The Princeton Review chose the colleges for the book based on data the company obtained from administrators at 646 colleges and its surveys of students attending them.



Shepherd University's McMurrin Hall. Photo provided by Valerie Owens.

According to Robert Franek, vice president of publishing at the Princeton Review, "We considered over 30 factors to rate the colleges in four categories: academics, tuition GPA (the sticker price minus average amount students receive in scholarships and grants), financial aid (how well colleges meet students' financial need), and student borrowing. We recommend the 150 schools in this book as America's best college education deals for 2006."

The Princeton Review publishes a list of the schools included in the book on its website www.PrincetonReview.com.

America's Best Value Colleges has three-page profiles on the colleges, lists of the top 10 best value private colleges and the top 10 best value public colleges, and advice about applying for college admission and financial aid. Known for its test-prep courses, books, and college and grad school admissions services, The Princeton Review is an education services company not affiliated with Princeton University or ETS.

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home, receipts can be a source for identity thieves. They rummage through the trash to find account numbers and other personal information. Shred receipts before discarding them.

For your personal safety, minimize your time at the machine.

- ✗ Have your ATM card ready when you approach the machine.
- ✗ Be ready to enter your PIN number.
- ✗ Review your plans for transactions before going to the machine so you know what to do as soon as you get to it.

When you use an ATM, make sure no one watches you key in your PIN number.

- ✗ You can use your body to shield the ATM keypad.
- ✗ Count your money later, not at the ATM.

Be courteous – leave people ahead of you space to conduct their transactions.

Pencil In ...



Thinking of buying a new home? Take advantage of information available to you from the WV Division of Banking. Their *Do Your Homework Before You Get a Loan* brochure is available free online. Go to www.wvDOB.org/consumers/docs/education%20brochure.pdf.



Hearty applause to **Dr. David Wohl** of West Virginia State University for receiving from Governor Joe Manchin the top honor, **the Distinguished Arts Award**, at the 2006 Governor's Arts Awards. The event is sponsored by the Division of Culture and History. Wohl was honored for his outstanding contributions to regional theaters and arts organizations in the State.



Come on! Do it! Let **YOUR** voice be heard in the form of a ballot. **Vote for the candidates of your choice on May 9.**

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