

Cornerstone News

December 2004



NHF news

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Peace of mind for your healthcare needs.

Note from the President



A warm welcome...

Introducing Carol A. Cook, RN., M.S.

By David S. Espinosa
President, NCHS

Just as a dedicated staff is necessary for National Cornerstone Healthcare Services to succeed, a dedicated team of consultants also is important. In recent issues we've introduced you to some of these essential people. This month we're pleased to introduce Carol Cook, our education consultant.

A native of Dayton, OH, Carol attended high school in Chicago before heading out west to attend Loma Linda University, earning a B.S. degree in nursing in 1976. Six years later she received an M.S. degree in nursing, also from Loma Linda University.

Over the past 28 years, Carol has taught nursing and physiology at San Bernardino Valley College, though she also has extensive clinical experience.

"For 14 years I worked as a surgical, trauma, and intensive care nurse at Loma Linda University Medical Center," said Carol, whose interest in health care dates back to her candy striper days. "When I attended San Bernardino Valley College, by default I took a microbiology class and that set me on a course."

After receiving her degrees, Carol continued teaching, and doing home care on the side. During that period, she developed a strong relationship with the hemophilia and immune-deficient communities. That relationship led her to NCHS in 2003.

"I provide education about disease states for the various nursing agencies involved with NCHS," Carol said. "Hemophilia is very rare, and my job is to make sure that nurses out in the community know as much as they can about it. As long as they have good IV skills and a strong knowledge based on blood products, it's pretty manageable to help them individualize that for hemophilia. That's where I'm called in."

During a typical month Carol might interact with nursing agencies to provide training on venous access devices or other topics. She also evaluates competency in hemophilia care and helps nurses maintain continuity of care.

"I really enjoy maintaining a connection with the hemophilia and immune-deficient communities," she said, adding, "At National Cornerstone I developed many of the intake forms and educational pieces for nurses."

Certainly, Carol's skills are important ones, and we're pleased to have her on board. It's people like Carol who help to make NCHS the important entity that it is.

Welcome Carol!

Sincerely,

David S. Espinosa

Current News

NHF Update

By Mimi Law
Mid-West Cornerstone

I recently attended the 56th National Hemophilia Foundation Annual Meeting in Dallas, TX and, as usual, the event was both fun and informative for people of all ages.



Once again, National Cornerstone Healthcare Services booth, with its barbecue theme, was a hit. Throughout the day, kids and adults were waiting in line for the Pucker Powder candy. I'm not sure who enjoyed it more—the kids or the adults. No matter—I'm sure this will be a regular feature at all of our meetings, so keep an eye out for it in the future!!!

We enjoyed seeing everyone at the meeting and look forward to seeing you all again. Thank you for coming by our booth.

By the way, I would like to give you a recap of one of the meetings I attended;

Title: ***These Old Bones: How do you Keep them Going When Your Joints are Gone?***

Speakers: Angela Forsyth, MS, PT
Sharon Funk, PT
Ruth Muluany, MS,PT

Message: The key is to keep your joints healthy in the first place by treating at the first sign of a bleed. Your joints are designed to support weight, absorb impact, move smoothly, provide stability and keep your body aligned. Keeping them healthy is very important for long-term joint health.

Blood is toxic to your cartilage. Additionally, a bleed causes your synovium to thicken to the consistency of glue.

Arthritis can be caused by repeated bleeds, swelling and inflamed synovium, causing function impairment. Also, muscle atrophy and loss of normal sensation can result. Joint destruction also causes a high risk of re-injury.

Proper exercise is great for your joints. Exercise causes endorphins to release into your body. Endorphins are a natural chemical produced by your body that decreases and even blocks pain. Other benefits of exercise are:

- Weight loss
- Lowered cholesterol
- A reduced risk of heart disease
- Joints are kept moving smoothly
- Restored flexibility
- Improved strength
- Decreased feelings of depression/pain
- Muscles that better support your joints.

Remember: Always contact your doctor or HTC before beginning an exercise program.

Surgical options:

- Steroid injections (limit three per joint)
- Hyaluronic Acid injection
- Radio synovectomy (P32)
- Open synovectomy
- Arthroscopic synovectomy
- Fusion (last effort)
- Total joint replacement.

Aftercare for a bleed:

- Get help for pain
- Stay in the best shape possible
- Get strong and fit
- Regain your ROM
- Regain strength
- Use braces and wheeled mobility when necessary.

Remember the old saying, "No pain, no gain?" That is not always true. The new saying is "No pain, no gain, no good."

Again, thank you all for stopping by the booth—it was great seeing you, and we hope to see you again in the future.

Cornerstone Kids

By Anna MacDonald
Mid-West Cornerstone

Chocolate Mounting Spoons

Craft and treat for young ages to make for family, classmates, teachers or friends.

- Chocolate (white, milk or dark—good brand)
- Crushed peanuts (optional)
- Plastic spoons
- Cellophane
- Ribbon

Have a parent melt chocolate in saucepan on stovetop. Dip each spoon in the chocolate and the tips of the spoon in crushed nuts (if desired). Let cool. Wrap with cellophane. Tie a ribbon.

Trix Holiday Tree

- Construction paper (green)
- Elmer's glue
- Trix (cereal)



Cut paper in the shape of a pine tree and squirt small drops of glue on "branches." Place a ball of Trix on each glue drop before drying. Display your art.



Stained Glass

- Crayon (shaved)
- Wax paper
- Hot iron

In sizes that suit, tear sheet of paper and fold. Place shaved crayons in colors of choice on one half. Fold the other half over the crayons and have a parent iron with a hot iron on top until sealed. Let cool. Display or give as a gift.

Note from the Pharmacist

ReFacto® R2 Kit

By Richard Aguilar, Jr., Pharm.D.
Director of Pharmacy Operations

Wyeth Pharmaceuticals introduced its R2 Kit, a simpler way to reconstitute its ReFacto® Antihemophilic Factor (Recombinant) product, during the National Hemophilia Foundation's 56th Annual Meeting in Dallas, TX.



On September 10, the company received Food and Drug Administration (FDA) approval for the first needleless reconstitution device with a prefilled syringe for hemophilia. ReFacto® is a B-domain-deleted recombinant factor VIII indicated for the control and prevention of hemorrhagic episodes and for surgical and short-term prophylaxis in patients with Hemophilia A.

The new Refacto® R2 Kit promises some new and exciting multiple patient conveniences, including:

- **Rapid Reconstitution (R2)**, which permits a faster overall infusion process.
- Fewer steps—A 4ml prefilled 0.9% sodium chloride diluent in a glass syringe.
- Simplified preparation—a distinct vial adapter utilizing a needleless device that connects directly to the syringe.
- Fewer components—the R2 Kit also includes a sterile 23G infusion set and two alcohol swabs for easier storage and travel.

All four rFVIII vial sizes, including the unique and largest vial size (2000 IU), will include the R2 Kit and color-coded packaging for quick and easy identification. The large vial size, low volume of reconstituted product (4 ml), and capability of room temperature storage (77° F) for up to three months allow ReFacto® users customized care and real-life convenience to meet their specific needs.

Reconstitution guidelines and instructions may be found in the ReFacto® package insert contained in each new R2 Kit. These general guidelines should be followed in conjunction with any specific instructions provided by your healthcare professionals.

A small two-compartment black leather zippered travel kit is also available, facilitating ease of factor transport for up to four infusions.

For additional information about the ReFacto® R2 Kit, a DVD or a VHS tape may be obtained by calling Wyeth's toll-free telephone number or by logging on to www.hemophiliavillage.com.

The ReFacto® R2 Kit is expected to be available for distribution by our pharmacies by the end of the year.

Health and Happiness for all in 2005!



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Happy Holidays