

**NASA HEALTH PROMOTION AND WELLNESS TEAM**

**Minutes for:** September 19, 2002

**Attendance:** "X" means present

ARC	<input checked="" type="checkbox"/>	HQ	<input checked="" type="checkbox"/>	DFRC	<input checked="" type="checkbox"/>
JPL	<input checked="" type="checkbox"/>	PC	<input type="checkbox"/>	GSFC	<input type="checkbox"/>
JSC	<input type="checkbox"/>	KSC	<input checked="" type="checkbox"/>	MSFC	<input checked="" type="checkbox"/>
GRC	<input checked="" type="checkbox"/>	SSC	<input checked="" type="checkbox"/>	WFF	<input checked="" type="checkbox"/>
LRC	<input checked="" type="checkbox"/>	MAF	<input checked="" type="checkbox"/>	WSTF	<input checked="" type="checkbox"/>

**1<sup>st</sup> Quarter FY 2003 Health Promotion Campaign**

**Helen Shoemaker**

The health topics for the 1<sup>st</sup> quarter of FY 2003 are Cold and Flu Vaccine Campaign and Prostate Cancer awareness. Materials have been ordered for both topics. The *Cold and Flu* brochure ordered from Krames is scheduled to be delivered on September 25<sup>th</sup> and will be shipped to the Centers as soon as we receive them. A brochure ordered from the National Cancer Institute (NCI) *Understanding Prostate Changes: A Health Guide for All Men* has recently been updated and is scheduled to be published in late October. Since the brochure provides updated material I have opted to wait for the newer publication. It should be shipped at the end of October so Centers should receive it early in November.

The metrics for the Cold and Flu Vaccine Campaign will be the same as the past two (2) years. As soon as you have completed administering the flu vaccines, please send the total number of vaccines given to civil servants, contractors and others. A summary of the data will be provided on a future ViTS.

The NASA Occupational Health Program (OHP) Website cold and flu resources page has been updated. Under "Employee Health", "Cold and Flu Resources" you will find links to the Centers for Disease Control and Prevention (CDC), Influenza Vaccine Consent Form 2002-2003, Influenza Vaccine Information Sheet for 2002-2003 and other general resources for health related information on flu and cold. The CDC site has a health care provider section with promotional materials that can be printed. The American Lung Association has a brochure on influenza also available online.

**Prostate Cancer**

**Dr. Salib**

Dr. Salib presented on prostate cancer. Dr. Salib is an Internist and Board Certified in Internal Medicine. She has been with the Occupational Health Program at the Kennedy Space Center (KSC) for 15 years. The presentation covered statistics, risk factors, signs and symptoms, work up, pathology, image studies, treatment, PSA testing, follow-up and survival. The presentation is in an attached Power Point document. Following the presentation participants had an opportunity to ask questions.

### **Review of 4<sup>th</sup> Quarter FY 2002 Solar Safe Campaign Centers**

There was discussion on the ViTS about the Mayo Clinic Health Quest Newsletter. The newsletter has been popular because of the Mayo Clinic name and variety of health related articles. There was agreement that this would be a valuable resource for Centers to receive on a regular basis.

A concern was voiced on how to fairly schedule employees for skin cancer exams when a dermatologist is at the Center for a limited period of time and unable to reach all employees. Several Centers have managed this by adding additional days based on demand. Another suggestion was that when notice of the skin cancer screening is sent to employees they are asked, if they have been screened before, not to schedule another exam so that others could be reached.

#### *Ames*

Their Safety Fair was held in May and the focus was on stress and skin cancer. There was a bulletin board display on skin cancer and materials on skin cancer available for employees. Skin cancer screenings are offered with physical exams.

#### *Dryden*

In August skin cancer screenings were offered. There was a total of 61 participants with 20 referrals. Materials on skin cancer were available in the clinic exam rooms and desktop. Sunscreen was available upon request for personnel that work outdoors. Sunscreen is also stocked in the first aid kits.

#### *Glenn*

Over the summer months the Solar Safe cards and skin cancer brochures were available to employees. Information on sun protection and the use of sunscreen has been added to the international travel kits. The Health Fitness Center also distributed Solar Safe cards. A Health Fair is scheduled in September and Safety Fair in October.

#### *Headquarters*

A dermatologist gave a presentation on solar safety to employees. Skin cancer screenings were offered during a 3-day period in order to accommodate all requested exams. The schedule was filled and there were 76 participants and 40 referrals made as a result of the exams. Each Headquarter employee was sent a copy of *A Guide to Sun Wise Behavior*.

#### *JPL*

In August a dermatologist and Nurse Practitioner came on site and offered full body skin cancer screenings and referrals. Handouts and literature on skin cancer and samples of sunscreen were given to screening participants. Preparations are being made for the Health and Safety Fair scheduled for October. In September, a total of 96 prostate screenings were done; the screenings including digital exams, PSA and 2<sup>nd</sup> opinions were also available. The screenings were offered by the Cancer Detection Center, a non-profit organization. A follow-up letter containing exam and test results and suggested treatment was sent to all participants. EAP has been offering stress buster classes that have been very successful over the past 6 months.

*Langley*

This year there was no budget for a dermatologist to do screenings on site. A bulletin boards display of skin cancer information was available in the clinic. Solar Safe cards and literature were distributed to employees.

*Marshall*

Skin cancer screening are routinely offered during annual exams. The Nurse Practitioner has been doing presentations on skin cancer for groups. The Solar Safe posters were on display in the clinic as well as a bulletin board display of related information. Literature was available for employees. Sunscreen and sunglasses were also available for outdoor workers.

*Wallops*

A Lunch and Learn on skin cancer was given by a Nurse Practitioner experienced in dermatology. The skin cancer tapes were made available on loan to employees. Solar Safe cards were distributed and very popular. The Mayo Clinic newsletter and resources from the American Academy of Dermatology (AAD) and the Centers for Disease Control and Prevention (CDC) were available in the clinic waiting room. There is a focus on education with all physical exams and AAD bookmarks are used to support that effort.

*White Sands*

Skin cancer materials were available for employees. Sunscreen is available for outdoor workers. The teledermatology program has been an ongoing effort.

**Health Topics for FY 2003**

**Helen Shoemaker**

It was proposed that in FY 2003 one or two of the quarterly health topics will be occupationally related topics. The 2<sup>nd</sup> quarter of FY 2003 will be on ergonomics. The remaining quarters are not yet designated. Suggestions on topics from team members were encouraged.

**ViTS Schedule**

**Helen Shoemaker**

The next ViTS is scheduled on Tuesday, December 3<sup>rd</sup> from 3 to 4 PM EST. The ViTS for 2003 are scheduled on the following Monday's from 15:30 to 16:30 PM EST:

March 17<sup>th</sup>

June 16<sup>th</sup>

September 15<sup>th</sup>

December 15<sup>th</sup>