



OCCUPATIONAL HEALTH

Monthly Newsletter October 2010

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◆ **EHR Update:** Over the past several months the [EHR Project](#) has undergone a comprehensive technical review and validation process. As a result of those activities a decision has been made to implement the [Medgate GX](#) version for the occupational medicine clinics and environmental health programs. There will be a Kick Off Meeting scheduled soon with Medgate and the EHR Project Team to identify next steps in our transition from Medgate 6.0 to GX. The outcome from that meeting will help to establish an implementation timeline and the schedule for Center training and go live.



◆ **President's Active Lifestyle Challenge:** NASA GRC kicked off the President's Challenge on September 8th by inviting employees to participate in a 1-mile walk around the outdoor track. Over 425 employees were in attendance and music was provided by the band Karizma whose drummer is Glenn's own Medical Director, Dr. John Kocka. The highlights of the event were a Farmer's Market featuring Ohio-grown produce and the employees registering on the President's Challenge website under NASAGRC. This is an example of how each of you help represent NASA in a Whitehouse driven campaign. Thank you for your support in such a short notice.



◆ **EmbodyHealth Update:** Our goal is to make [Mayo Clinic EmbodyHealth](#) web portal as THE resource for NASA employee's health awareness and education. The content is industry respected and the tools are proven effective in personal health management. As an outreach method, a second global email was distributed in September which improved portal usage and resulted in the completion of over 400 health assessments. Three new articles were posted on the EmbodyHealth portal; 1) "The Write Stuff", authored by Sara Mark, M.D., is a discussion about the value of journaling. 2) The second article is the first in a series titled "The NASA Community" showcasing personal journeys. This month, an employee who found the EmbodyHealth portal as the tool for his transformation has shared his story. 3) "Influenza Vaccination Season 2010-2011", authored by Drs. Moore and Mark, is a general [information article](#) intended for employee awareness and as such, has also been posted on the [ohp website](#). If you like to add Center specific articles to the EmbodyHealth website, please contact [Mae Hafizi](#).



◆ **Occupational Health Apps?** Started downloading widgets and apps for work purposes? TSA has a couple of widgets that might make life for the OH traveler better. Visit

[TSA For Travelers](#) for details. Want to make staying healthy fun for kids—there's an app for that. As part of First Lady Michelle Obama's "Let's Move Campaign", developers were challenged to provide tools to prompt kids to healthier lifestyles. The winners can be found at [Apps for Healthy Kids](#). What is your favorite App?



◆ **Are you Preparing for an OH Certification?** Do you need preparation resources for your certification exam or Continuing Education Credits for license renewal? OCHMO provides resources for NASA OH personnel pursuing the Certified Occupational Health Nurse (COHN), Certified Industrial Hygienist (CIH), Certified Health Physicist (CHP), and many more. The Office also provides CEU resources and we have recently procured new study material. To access these resources contact [Mae Hafizi](#) for Medical/Nursing/Allied Health resources, [Kurt Geber](#) for the CHP, and [Bart Geyer](#) for the CIH. The CIH materials and CHP materials are also listed on a [EH preparation](#) webpage.



◆ **The CLSO 7:** Kudos to Certified Laser Safety Officers. NASA has 7 Laser Safety Officers who've earned certification by examination from the Board of Laser Safety: Randall Scott, Rod Nickell, Jamie Gurney, Andy Grief, Patrick Patterson, Philip Brown, and Kim Merritt. OCHMO encourages certification in major disciplines. For more information concerning the [Board of Laser Safety](#) go to their website.



◆ **The Revised ANSI/AIHA Z9.5 (2010) Lab Ventilation Standard:** The EH ViTS on October 12, will feature Steve Crooks, Chair of the ANSI/AIHA Z9.5 Laboratory Ventilation committee. Steve will be sharing with the NASA EH community regarding the changes in this latest revision of the standard which is the recognized standard in the area of laboratory ventilation. NASA Centers use the lab hood as an engineering control in many occupational settings, with well over 1000 lab hoods being used across NASA. In addition to Steve presenting on the ANSI standard a few Centers will provide an overview of their lab hood surveillance programs.



◆ **NASA OH Center Review Calendar:**

- October 26 - 28, Dryden Flight Research Center

◆ **Upcoming OH ViTS & Webinars:**

- EH ViTS – October 12, 11:00-12:00 EDT
- Chemwatch Webinar – October 13, 1:00-2:00 EDT
- EHR Taskforce Webinar – October 20, 11:30-12:30 EDT
- EH ViTS – November 2, 11:00-12:00 EDT
- Health Physics ViTS – November 3, 11:30-12:30 EDT
- Fitness ViTS – November 4, 11:00-12:00 EDT
- Workers' Comp ViTS – November 23, 1:30-2:30 EDT

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