

Magellan Health Services of Arizona

2013 Summer Heat Initiatives



Preparing for the Summer Heat

- Types of Heat Related Illness

- Heat Stroke: (aka Sunstroke)

- The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

- Signals include:

- Hot, red and dry skin
 - Changes in consciousness;
 - Rapid, weak pulse
 - Rapid, shallow breathing.
 - Severe cramps
 - Changed mental state
 - Body temperature can be very high - sometimes as high as 105 degrees.

**CAN BE LIFE THREATENING!!
SEEK MEDICAL ATTENTION**

Preparing for the Summer Heat

- Types of Heat Related Illness

- Heat Exhaustion:

- It typically occurs when Individuals exercise heavily or work in a warm, humid place where body fluids are lost through heavy sweating. Fluid loss causes blood flow to decrease in the vital organs, resulting in a form of shock. With heat exhaustion, sweat does not evaporate as it should, possibly because of high humidity or too many layers of clothing. As a result, the body is not cooled properly.

- Signals include:

- Cool, moist, pale, flushed or red skin
- Heavy sweating;
- Headache;
- Nausea or vomiting;
- Dizziness;
- Exhaustion; body temperature will be near normal.

COOL DOWN & REHYDRATE!!

Preparing for the Summer Heat

- Types of Heat Related Illness

- Heat Cramps

- Brief, painful muscle spasms, associated with muscles fatigued by heavy work in a hot environment.

- Heat Rash (Prickly heat)

- Red or pink rash usually found on body areas covered by clothes. It can develop when the sweat ducts become blocked and swell and often leads to discomfort and itching.

- Sunburn

- Skin damage from the sun's ultraviolet rays. Most sunburns cause mild pain and redness but affect only the outer layer of skin (first-degree burn), but can be moderate to severe (second-degree burn) **WEAR SUNSCREEN!!**

COOL DOWN & REHYDRATE!!

Individuals at an Increased Risk for Heat Related Illnesses

- Individuals over the age of 65
- Individuals not able to care for themselves
- Individuals with Schizophrenia
- Individuals who are over weight
- Individuals that drink alcohol, in excess
- Individuals that are homeless
- Individuals that wear excessive clothing
- Individuals that are outside during the day

Bark N. Deaths of psychiatric patients during heat waves. *Psychiatr Serv* 1998;49(8):1088–90.

Hermesh H, Shiloh R, Epstein Y, et al. Heat intolerance in patients with chronic schizophrenia maintained with antipsychotic drugs. *Am J Psychiatry* 2000;157(8):1327–9.

Kwok JSS, Chan TYK. Recurrent heat-related illnesses during antipsychotic treatment. *AnnPharmacother* 2005;39(11):1940–2.

Abderrezak Bouchama, MD; , et al Prognostic Factors in Heat Wave Related Deaths. *Arch Intern Med.* 2007;167(20):2170-2176



Drugs Affected by the Summer Heat

- Sympathomimetics (Stimulants such as cocaine, amphetamines, pseudoephedrine)
- Antipsychotics
 - Higher dosage > risk
 - FGA + anticholinergic > risk
- Anticholinergic Medication
 - Antihistamines (Benadryl)
 - Tri-cyclic antidepressants (Amitriptyline, Nortriptyline)
- Alcohol
- Caffeine
- Lithium

Prevention Tips

MONITOR THOSE AT HIGH RISK!!

- Drink at least eight 8-ounce glasses of fluid a day (avoid drinks containing alcohol)
- Wear appropriate clothing
 - Lightweight, light-colored, loose-fitting clothing
- Wear sunscreen if you will be in the sun
- Try to stay cool and indoors
- If you have to be outside, pace yourself and schedule activities carefully



Helpful Tips to Keep our Recipients Safe

- Here are a few suggestions on things we should do to keep our recipients safe during the summer in AZ:
 - Extending Clinic Hours
 - Water Collection/Donation
 - Respite
 - Wellness Checks
 - Communication to Providers when ADHS/DBHS or the National Weather Service notifies the RBHA of Heat Advisories, Heat Watches and Heat Warnings.

Heat Related Notices

- Receive notice from ADHS/DBHS or the National Weather Service that a heat advisory bulletin has been issued.
- Magellan sends notices out to providers and Magellan staff
- Tied to National Weather Service Advisories & Warnings
 - <http://www.wrh.noaa.gov/psr/general/safety/heat/>
 - <http://www.wrh.noaa.gov/warnings.php?wfo=psr>
 - **Heat Advisory**
 - **Excessive Heat Watch**
 - **Excessive Heat Warning**

Heat Advisory

- Heat Advisory– extreme heat is possible 3-5 days from now
 - Begin to prepare recipients for heat
 - Discuss prevention tips
 - Prepare site to provide water and other sun related needs



Excessive Heat Watch

- Excessive Heat Watch – extreme heat is expected within the next 2-3 days
 - Increase outreach efforts and contact outreach teams as applicable.
 - Increase surveillance efforts pertaining to heat-related deaths and injuries.
 - Document all actions taken regarding outreach and contact (e.g., checking thermostats during home visits, etc.).
 - Post and distribute heat warnings and guidance materials at all clinics and service provider locations (ADHS/DBHS brochures), create site-specific fliers for recipients as needed.



Excessive Heat Warning

- Excessive Heat Warnings – Extreme heat will occur today or tomorrow
 - Initiate outreach efforts and utilize available clinic staff to assist with communication and welfare checks for recipients who may be at risk for severe health impacts due to extreme heat.
 - Work with local providers to advise area hospitals of the excessive heat warning and urge them to consider the extreme weather conditions when discharging recipients.
 - Document all actions taken regarding outreach and contact (e.g. checking thermostats during home visits, etc.).



Surviving Arizona's Extreme



HEAT

Maricopa County Department of Public Health

■ Find HELP

- Maricopa Association of Governments - Where to find hydration stations and donate water in Maricopa County (maps of these locations below); also home to the *Heat Relief Network*.
- City of Phoenix - Offers tips on staying cool and places where you can donate water
- Arizona Ecumenical Council - Offers sites where you can donate items to help the homeless and locations to volunteer
- National Weather Service – where to get your local weather forecast

■ Do your PART

- Check on neighbors – that tend to stay inside and may be on fixed income and skimp on air conditioning.
- Call for support if in danger – if you see someone in danger
- Sign up to be notified – on Twitter, will send out a reminder when it's dangerously hot

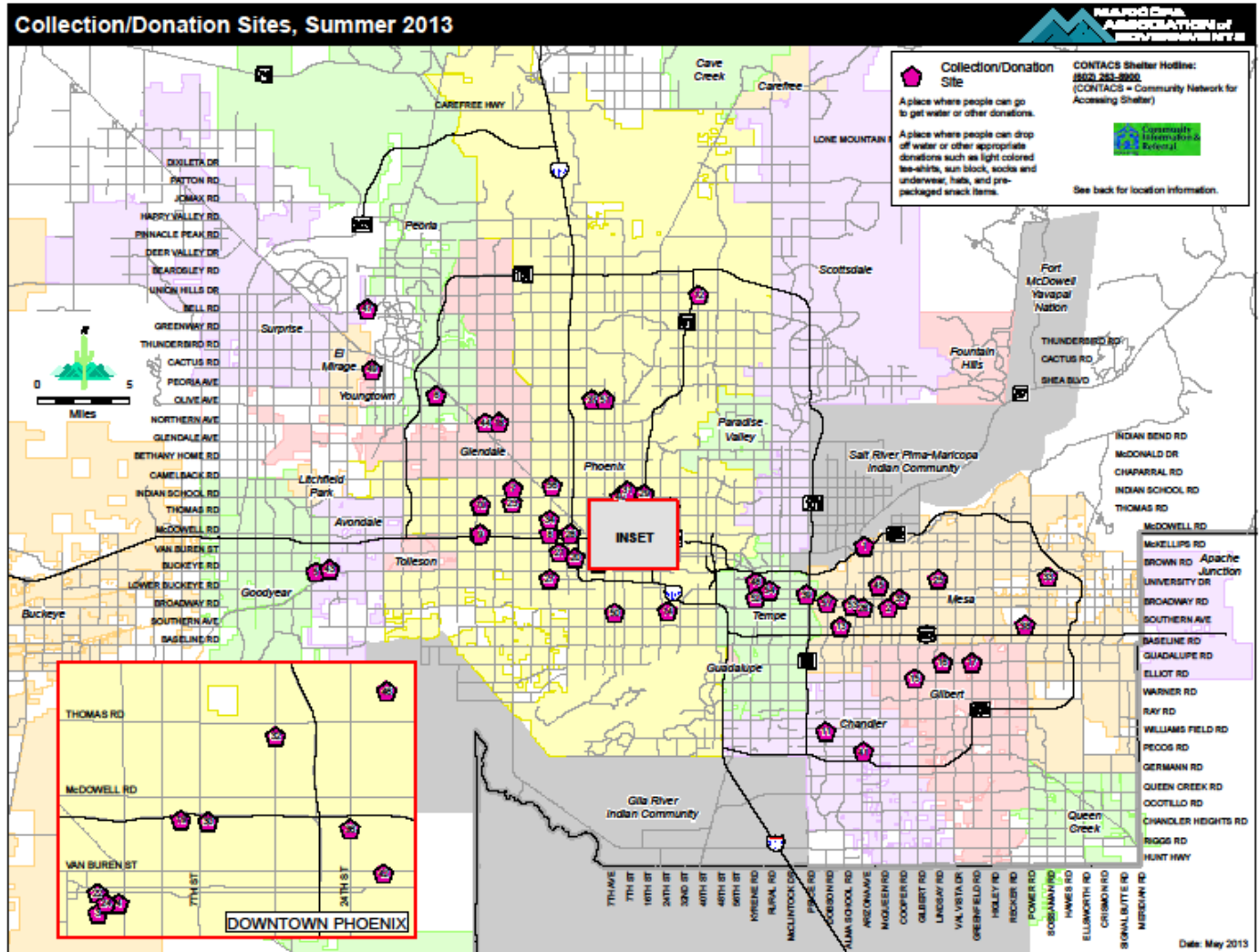


City of Phoenix – Heat Relief Network

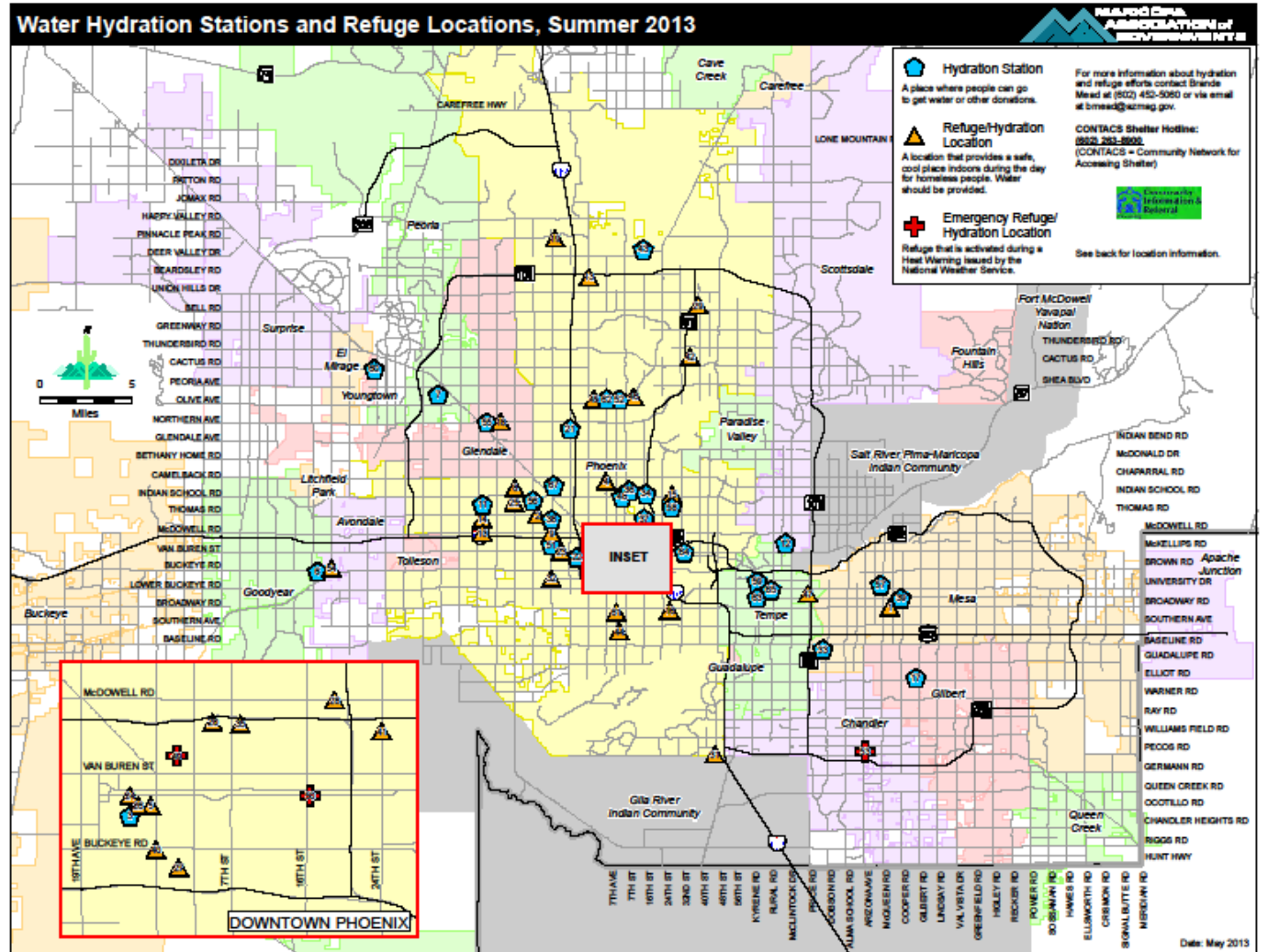
- **Places to turn to when the heat is extreme.**
 - Operates during the months when temperatures consistently rise above 100° F, particularly when nighttime temperatures also are high and extreme heat advisories are issued by the National Weather Service.
 - Augments the efforts of agencies assisting people who are homeless and to the elderly or disabled. The network adds additional community resources to the system when they are most needed.
- **The Heat Relief Network provides:**
 - Water donation points
 - Hydration Station and Heat Refuge Locations
 - Wellness checks for elderly or disabled individuals by faith and community organizations
 - A fact sheet on how heat can affect your health and safety



2013 Heat Relief Maps – Donation Map



2013 Heat Relief Maps – Water and Shelter Map



Magellan Initiatives



- All National Weather Service notices on heat will be sent to all providers
- Urge providers to:
 - Extend clinic hours
 - Be a water collection/donation site
 - Provide refuge during the day
 - Wellness checks
- Magellan will do it's Annual Water Drive