



NEWSLETTER

HOT TOPIC: MEDICAL CANNABIS

Kentucky Governor Andy Beshear's Executive Order pertaining to Medical Cannabis has been a hot topic for our employer services team and our health system.

The Executive Order states the Commonwealth of Kentucky will not prosecute Kentucky citizens who have medical cannabis as long as criteria found within the order are met.

The Executive Order has prompted discussion surrounding the MRO process, drugfree workplace policies and even ADA compliance. Employer Services wants to assure you that the medical review officer process will not change as Cannabis is still a federally scheduled 1 drug under the Federal Controlled Substances Act. Specimens which are certified by the laboratory scientist to have a quantity of metabolites above the cutoff level will be MRO'd according to current practice and resulted appropriately.

While we recommend employers take responsibility for understanding the impact of the Executive Order on their respective organizations, Owensboro Health will not be amending our drugfree workplace policies. Cannabis will remain prohibited.

The employer services team and our occupational medicine professionals want to emphasize that a national standard for impairment does not exist as it relates to Cannabis similar to what we use for impairment from alcohol. As with any substance which may cause impairment, employers may need to identify a policy for evaluating situations which may negatively impact safety. According to the CDC, cannabis affects areas of the brain that control movement, balance, coordination, judgment and memory.

Consider discussing precedent with respect to ADA concerns with your trusted legal counsel. There is much to learn in this area for all employers.

While Owensboro Health Medical Group providers will NOT prescribe medical cannabis, we can certify a patient has been diagnosed with one of the identified conditions in the executive order. If you have questions or concerns, please reach out to us at 270-688-6198.



Changes made to Industrial Audiogram Pricing Structure

Owensboro Health Medical Group Occupational Medicine strives to offer you the most cost-effective OSHA surveillance services possible.

Increases in costs for labor and supplies have not been passed on to our employer partners in a number of years. We do find ourselves in a position where we cannot avoid a small increase for industrial audiograms.

On March 1, 2023, industrial audiograms across the system increased to \$25. If you have questions or concerns, please don't hesitate to reach out to employer services.

Stress Awareness Month

Stress is a normal part of life, but when it becomes chronic and we don't handle it well, it can negatively impact our bodies and our health. Chronic stress can cause an increase in blood sugar and blood pressure, muscle tension and headaches, digestive issues and a weakened immune system.

One important way to help combat stress is by eating well. When under stress our body may crave comforting foods such as highly processed sweets and snacks. These foods are high in fat and calories, but are low in nutrients. Stress can impact our motivation and we may not feel like preparing nutritious meals, or we may even skip or forget to eat. Sometimes stress can affect our sleep and we may feel more fatigued during the day, which leads to increase use of caffeine and high calorie snacks to fuel our body with energy. All of these things can lead to weight gain.

How does eating healthy control stress? Eating a healthy, well-balanced diet can support a healthy immune system. Eating nutrient dense foods like fruits and vegetables helps stabilize our mood swings and we have an increased ability to focus. Eating healthy can also help with depression and anxiety. Eating regularly and not skipping meals helps our blood sugars to remain stable, so we can focus better.

A healthy way of eating means having more whole grains, low fat dairy products, a variety of fruits and vegetables, unsaturated fats, and a variety of proteins like fish, nuts and seeds, legumes, soy products, poultry, eggs and lean meats. Following a Mediterranean style diet can offer many health benefits and has been linked to reducing the effects of stress on the body. What small change could you make today for your health?

Quinoa Power Salad

Salad

- 1 cup uncooked quinoa
- 8 ounces cherry tomatoes, cut in half
- 1 cucumber, chopped
- ¼ cup finely chopped red onion
- 2 ripe avocados, diced
- 2 cups roughly chopped fresh spinach
- 1/3 cup Feta cheese
- Dressing
- ¼ cup red wine vinegar
- 2 Tablespoons Dijon mustard
- 1 tsp dried oregano
- ¼ tsp garlic powder
- Salt and pepper to taste
- ½ cup extra virgin olive oil
- 2 tablespoons lemon juice

Directions

Cook the quinoa according to directions on the package. Set quinoa aside to cool. In the meantime, prepare the dressing. Whisk together the red wine vinegar, Dijon, oregano, garlic and salt and pepper to taste. Slowly add the olive oil to the mixture and while whisking briskly, then whisk in the lemon juice. Set dressing aside and prepare vegetables. Combine the vegetables with the quinoa in large bowl. Add the dressing and mix well. Top with the feta cheese and enjoy.

Nutrition Information

Serves: 10

Calories: 204, Total Fat: 16g, Sodium: 185mg, Total Carbohydrates: 11g, Saturated Fat: 3g, Polyunsaturated Fat: 2g, Monounsaturated Fat: 11g, Fiber: 4g, Protein: 4g, Potassium: 288mg, 38% Vitamin A, 19% Vitamin C

Tobacco Cessation

Owensboro Health employs Tobacco Treatment Specialists to help tobacco users kick the habit.

The specialists meet one-on-one with participants to discuss their triggers, concerns, and previous attempts to quit. They share skills treat tobacco dependence and help the participant check their progress and all at NO COST to all members of our community.

Participants can meet with the specialists at the Healthpark, Mitchell Memorial Cancer Center, Owensboro Health Regional Hospital and at Pulmonary Rehab. Sessions can be virtual or by phone if in person isn't convenient.

Our Tobacco Treatment Specialists are available by appointment from 8:00 AM to 4:30 PM Monday through Friday. Owensboro Health Outpatient Pharmacy offers free consultations on nicotine replacement therapies.

Kentucky has one of the highest rates of smoking and tobacco use in the nation. Because of that, it is one of the priority areas of focus for Owensboro Health. We all know someone adversely affected by tobacco use. Users may experience significant health challenges and have a higher likelihood of having lung cancer as well as other tobacco-related cancers.

We're happy to bring our Tobacco Treatment Specialists to your workplace. Call us at 270-688-6198 or email ashley.phillips@owensborohealth.org

Mindfulness Minute

Mindfulness is understanding your environment, your emotional state, and being able to be present. Mindfulness practice can be different for each person. Some folks become more mindful when they are able to exercise while for others it's meditation or yoga that helps them become aware and gain understanding.

In the [link](#), Christa Flamion, counselor with Owensboro Health's EAP program, talks more about mindfulness and it's importance in mental health. If you need resources, please contact the Employee Assistance Program at 270-688-1547.

You can find more information on mindfulness and other mental health topics at [CredibleMind](https://www.crediblemind.org/) .



Wellbeing Assessments

Wellbeing Assessments consist of a point of care tests or screenings for the following:

- Total Cholesterol including HDL, LDL, and Triglycerides
- A1C
- BMI
- Waist Circumference
- Blood Pressure
- Height/Weight

A coach will identify your risk status based on the outcome of the screening. You have an opportunity to ask questions and receive advice on how you can improve your overall health status or get connected with a primary care provider.

Our Community Health & Wellness team has been serving community groups and employer populations with precision and expertise. Onsite services are available throughout our service area.

For more information or to secure your dates, please, email Ashley at ashley.phillips@owensborohealth.org to get your customized quote. Schedule soon to be sure you secure your dates.



Breath of Life Boxes to Help Parents Cope

NICU Nurse Tara Barnes started Blakely's Breath of Life--an organization that provides bereavement boxes--in memory of her daughter. Tara's goal is to raise awareness of miscarriages, stillbirths, and infant loss while being a resource to parents in need.

Two different kinds of boxes are available. One is for loss under 20 weeks gestation and one is for loss over 20 weeks. Boxes can contain a crochet baby blanket, hat and prayer clot, memory candle, hand and foot casting kit, mommy and me bracelets, keychain, book, remembrance flower seed card, footprint necklace, brochures, letter to the family and more.

New Providers



[R. Dan Andersen, MD](#)

Urology

Owensboro Health Medical Group Urology - Owensboro, KY
Owensboro Health Provider



[Eric E. Baker, MD](#)

Emergency Medicine

Owensboro Health Regional Hospital Emergency Department - Owensboro, KY
Owensboro Health Provider



[Daniel Best, APRN](#)

Occupational Medicine

Owensboro Health Medical Group Occupational Medicine - Owensboro, KY
Owensboro Health Medical Group Occupational Medicine - Henderson, KY
Owensboro Health Provider



[Kenneth Camacho, MD](#)

Gastroenterology

Owensboro Health Medical Group Gastroenterology & Hepatology - Owensboro, KY
Owensboro Health Provider
Accepting new patients



[Keely Dukes, APRN](#)

Behavioral Health

Owensboro Health Medical Group Behavioral Health - Madisonville, KY
Owensboro Health Medical Group Behavioral Health - Powderly, KY
Owensboro Health Provider
Accepting new patients



[Emily Floyd, APRN](#)

Cardiology

Owensboro Health Medical Group Cardiology - Owensboro, KY
Owensboro Health Provider



[Amanda Greenwell, LCSW](#)

Counseling

Owensboro Health Intensive Outpatient Behavioral Health Program - Owensboro, KY
Owensboro Health Provider



[Jon Hall, MD](#)

Family Medicine

Owensboro Health Medical Group Family Medicine - Henderson, KY
Owensboro Health Provider
Accepting new patients



[Courtney Hardy, APRN](#)

Wound Care

Owensboro Health Wound Center - Owensboro, KY
Owensboro Health Provider



[Amy J. Haynie, APRN](#)

Pediatrics

Owensboro Health Medical Group Children's Center - Owensboro, KY
Owensboro Health Provider
Transferring to Madisonville Healthplex on April 17



[Kaci Henry, APRN](#)

Urgent Care

Owensboro Health Medical Group Urgent Care - Madisonville, KY
Owensboro Health Provider



[April S. Hollis, APRN](#)

Urgent Care

Owensboro Health Medical Group Urgent Care - Powderly, KY
Owensboro Health Provider



[Theresa Lanham, DO](#)

Endocrinology

Owensboro Health Medical Group Diabetes & Endocrinology - Owensboro, KY
Owensboro Health Provider



[Erik Lanham, DO](#)

General Surgery

Owensboro Health Medical Group Surgical Specialists - Owensboro, KY
Owensboro Health Medical Group Surgical Specialists - Leitchfield, KY
Owensboro Health Provider



[Blair Ramsey Mendoza, APRN](#)

Occupational Medicine

Owensboro Health Medical Group Logan Aluminum Clinic - Russellville, KY
Owensboro Health Provider
Clinic is restricted to employees of Logan Aluminum



[D.L. Newberry III, MD](#)

Family Medicine

Owensboro Health Medical Group Family Medicine - Henderson, KY
Owensboro Health Provider
Accepting new patients

Employer Services exists to help you access the resources of the health system by having an active role in the care continuum resulting in improved health of your team member populations.

We can be reached at 270-688-6198.