

Business Check Up

November 2005

The Newsletter of
Occupational Medicine Services for Berkshire County

Provided by Occupational Medicine Services –
Quality, Medical Services For Businesses in
Berkshire County and Surrounding Areas



From The Doctor's Desk...

Welcome to Business Check Up, Berkshire County's only Occupational Medicine newsletter. In this edition, we highlight a few of the important employee health issues being discussed in business today. We also want to introduce, and in some cases reintroduce, the members of our team. We are all committed to providing the best medical care and keeping the costs down for your organization. This partnership, with you and your employees, is the only way to have success.

Philip Adamo
M.D., MPH, FACOEM

Dr. Philip Adamo is the only dual board-certified specialist in occupational medicine and internal medicine in Berkshire County.

Scope of Occupational and Environmental Health Programs and Practice

What is Occupational Medicine and what can it do for my organization? The scope of practice of occupational and environmental medicine has undergone important changes over the last century as a result of changing expectations of society, employers, and workers, as well as evolving federal and state regulations.

The role of the occupational and environmental physician and other mid-level providers has expanded to enhancing the productivity of the worker with absence management and increased emphasis on the overall health and wellness of the worker – not just at the work site but also at home and in the community.

The provision of occupational health care has also expanded from the industrial in-plant clinic to occupational medicine clinics which serve many companies in a community. This is what we do at Occupational Medicine Services. In many of these settings, the emphasis is on preventive interventions and policies, as well as evaluation and treatment of injured employees. Communication is the key between the leadership of the company, the employee and the occupational physician. It is important that the practitioner be fully informed of all significant occupational and environmental health activities, problems and concerns in order to provide necessary advice to assure a safe, healthful environment. These changes are reflected in the transition of terms from “industrial medicine” to “occupational medicine” and, finally, to “occupational and environmental health.”

**Meet our Newest
Team Members on
page 2!**

INSIDE:

**Introducing Our Newest
OMS Team Members**

OMS Team Updates

**Is Your Business Ready for
Flu Season?**

Are Energy Drinks Safe?

**Important Announcement:
Safe Work Time**

Introducing Our Newest OMS Team Members



Rob Nadratowski, PA-C, Joins OMS.

Rob is a physician assistant from the Albany, NY area who has experience with musculoskeletal disorders in addition to a public health background. He received his BS in Health Studies at Boston University and his Masters in Physician Assistant Studies from Albany Medical College.

He most recently worked at Kansas Eye Surgery Associates. Rob has also worked as a Health Programs Coordinator in Albany County where he was responsible for all reportable diseases and managed outbreak control measures. When Rob leaves the office, he enjoys playing tennis, hiking, biking and running. He also enjoys movies and spending time with his family. He even cooks for them!



Patty Flynn, Office Assistant.

Patty joined our team in January of 2005. She is kind and caring and, along with Vicki, is doing much of her work behind the scenes. She is the one getting the pre-authorization for treatments for many of your employees. She is diligent about talking with the insurers about making sure there is a continuity of care. Her quiet persistence is what is needed in this medical environment. Out of work, you may find Patty pet sitting.

Kate Witherell, Medical Assistant, Wears Many OMS Hats.

Kate has been with us for a year. Many of you are familiar with her drug and alcohol testing skills...but she does more. In fact, Kate often wears two hats. She assists us with many of your injured employees and also helps us with the pre-placement and hazmat exams. Kate does EKG's, draws blood, gives immunizations, and keeps the providers on their toes. When she is not in the back with the providers, she is assisting the clerical folks with scheduling, faxing and anything you can think of that needs to be done in a busy office.

Kate enjoys telling jokes and outside of the office spending time with her dogs, parents and friend Stacy. She enjoys watching sports on television – including the Boston Red Sox – cooking and watching Golden Girls reruns.

Where is Pat Kent?

Many of you have received a letter informing you that Pat Kent, our very dedicated nurse practitioner, has moved from the area and has accepted a position as a full time clinical faculty member at The University of Massachusetts. We wish her the best of luck. From time to time, she will grace us with her presence on a per diem basis.

OMS Team Updates



**Philip Adamo, M.D., MPH, FACOEM
Appointed Chairman and Serves as
Medical Director.**

Dr. Adamo has now been in practice on Stoddard Ave. for two and a half years. It has been great! When “Dr. Phil” is not in his office he is taking care of the public health needs of the City of Pittsfield. He has been Chairman of the newly formed Board of Health for about one year. He also serves as the medical director of Griffin Occupational Medicine Center in Shelton, Connecticut. When he needs to relax, he is either spinning at Nautilus or taking photos at one of his three children’s soccer games.



**Jamie Coyne, LPN,
On the road again...**

Many of you have met Jamie when she has come to your work site. Jamie has an abundance of energy, even at 6 a.m.! She is used to those farmers’ hours since she raises chickens and loves her garden.



**Vicki Sommerville,
Office Assistant.**

Vicki is our newest member. She has quickly learned the computer scheduler and is responsible for getting those faxed reports to you in a timely manner. When she is not in the office, she is at swim practice with her kids at Simons Rock College in Great Barrington. They both swim for the Snappers swim team. She also is a helper with the Pack 1 Cub Scout group and helps with Children’s church for the First Baptist Church.



**Ann Tierney, MS APRN-C,
Provides Ongoing Support
to OMS.**

Ann has been with us for close to two years. She has been dedicated to providing care here in our office on an as needed basis. Ann’s full time job is Chairperson of the Practical Nurse Program at Berkshire Community College. She is also an Advisor for the RN/BS in Nursing Program at the University of Massachusetts in Amherst. Outside of the office, Ann is a great baker!

Is Your Business Ready for Flu Season?

Businesses, employers and employees can help prevent the spread of colds and flu in the workplace. Vaccination against the flu each fall season remains the primary way to prevent this disease. In addition to vaccination, the following simple actions can help decrease the spread of respiratory illnesses like the flu.

Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick.

When you are sick or have flu symptoms, stay home, get plenty of rest, and check with a health care provider as needed.

Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Clean your hands.

Washing your hands often will help protect you from germs. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used

Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.



Occupational Medicine Services

partners in workplace health and safety

PHILIP ADAMO, M.D., MPH

15 Stoddard Avenue, Pittsfield, MA 01201

Great location and ample parking. Located across the street from the main entrance of Berkshire Medical Center. OMS has a convenient location and parking with close access to our doors to enter.

**Voice: 413-443-7799 • Fax: 413-443-7662 • Email: padamo@4oms.com
www.4oms.com**

Hours of Operation: Monday - Friday 8:00 AM- 4:30 PM

Upcoming Holiday Schedule:

Thanksgiving

Closed both Thursday and Friday, November 24th and 25th

Christmas and New Years

Closed on Monday, December 26th and Monday, January 2

Are Energy Drinks Safe?

Energy drinks are beverages like Red Bull, Venom, Adrenaline Rush, and 180, which contain large doses of caffeine and other legal stimulants like ephedrine, guarana, and ginseng. Although these drinks may have the same caffeine content as a cup of coffee, the other stimulants combined can be dangerous for the heart and lungs.

Little research has been done to determine if energy drinks are helpful or harmful. The NCAA and some professional sports leagues have banned such stimulants.

Individual responses to these stimulants vary and these drinks should be treated carefully because of how powerful they are. Energy drinks' stimulating properties can boost the heart rate and blood pressure (sometimes to the point of palpitations), dehydrate the body, and, like other stimulants, prevent sleep. Energy drinks should not be used while exercising or performing labor intensive jobs, where as the combination of fluid loss from sweating and the diuretic quality of the caffeine can leave one severely dehydrated. Individuals with high blood pressure and other chronic medical problems should definitely not use these drinks.

Important Announcement: Save Work Time

Employees coming for their pre-placement exam, or exams where there is a lot of paper work (i.e. Hazmat exams), should arrive a half hour early. We can then run all appointments on time – getting them back to work quickly and assisting with paperwork if they need help.

Occupational Medicine Services is a privately owned medical practice committed to providing high quality medical care to area business leaders and their employees. We deliver these services in the most efficient manner and in a warm, friendly environment.