



THE GRADY REPORT

Aetna Employee Newsletter

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Winter

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In 2017 ,Team ASM-Aetna was formed in an effort to raise awareness for a number of different charities. Thanks to the hard work of employees , friends, and families, over \$3,200 has been donated to the American Cancer Society and over \$600 has been donated to the Movember Foundation. In the coming months, Team ASM –Aetna hopes to continue it's success with a fundraiser for the American Heart Foundation and National Tumor Society.



\$3,288 Raised



\$635 Raised

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Kristen Askin

Ryan Jano





Connecticut Brain Freeze

Event Sponsorship Opportunities

Together,
we can make
a difference in
the fight against
brain tumors

Today, nearly 700,000 people in the United States are living with a primary brain tumor, and more than 77,600 will be diagnosed this year.

Brain tumors are the leading cause of cancer-related death in children under 14. A cure can't wait!



Connecticut Brain Freeze

Sunday, March 4, 2018
Savin Rock Conference Center
West Haven, CT

Take the plunge and unite
against brain tumors.

www.braintumor.org/ctbrainfreeze

**Your participation and support is
vital to our mission**

Funds raised through every National Brain Tumor Society event allow us to:

- Drive groundbreaking research initiatives aimed at finding new therapies for both adult and pediatric brain tumors such as glioblastoma multiforme (GBM) and oligodendrogliomas, as quickly as possible.
- Empower the brain tumor community to advocate for vital government programs and policies to strengthen research and improve access to essential health care services.
- Brain tumors strike men, women, and children of any race, and at any age.
- Brain tumors are often deadly, impact quality of life, and change everything for patients and their loved ones.
- Brain tumors cannot be prevented, and no cure exists today.

The following Workout comes directly from **Max Kassan and Men's Fitness Editors**

For the full article, please visit Men'sFitness.com

7 resistance band exercises to build muscle



Squats

Standing in a squat with the legs parallel, bend the knees over the toes and draw the glutes down to knee level. Double up your band to create extra resistance, and hold each end with two straight arms at chest-level. Begin to pulse the legs by bending and stretching the knees down 2" and up 2". Finding a steady rhythm, begin to draw the band up overhead and down to chest-level, keeping the abdominals engaged and the arms strong. Remember to always keep the knees bent and the arms in line with the shoulders. (Note: Changing the rhythm of the pulse will help to increase the burn in the legs and in the glutes—for example, quick pulses or down 1", up 1".)

Overhead shoulder presses & leg lunges

Standing with one foot placed in front of the other, bend both knees to form a 90° angle so you are standing in lunge position. Holding the resistance band with two straight arms, draw the band overhead. Begin to bend and stretch the legs, keeping the knees over the toes, the legs parallel, and the abdominals engaged. Then begin to draw the arms down and up as if you were doing a shoulder press as you lunge. Sequence the knee bends and the shoulder presses together, bending the knees down and drawing the arms down at the same time.

Repeat on the same leg for 20 to 30 reps, and then switch to the opposite leg.

Abdominal curl

Sitting in the center of the mat, hold the resistance band at chest-level with two straight arms. Slowly curl the body down, feeling the abs engage and the spine making a C curve to form the position. Slowly curl the body up an inch and down an inch, exhaling on the up and inhaling as the body curls down. Add variations twisting side-to-side and squeezing the band out to work the obliques. Think about wringing out the waistline as you wring out water from a towel.

Repeat this for 20 to 30 reps in each position to work the abdominals as you sculpt and tone the shoulders and arms.

Oblique twists

Standing with the legs wider than the hips in a parallel position, hold the resistance band in front of the chest with two straight arms, and begin to twist from side to side. Starting the movement from the waist, squeeze the belly as you twist, working either side of the abdominal wall. Repeat this for 20 to 30 reps.

Bicep circles

Standing with legs in parallel position hip-distance apart, stand on the center of the resistance band and double up the other ends of the band around the wrists; keeping the arms close to the body, begin to lift and lower the band slowly up and down. As you curl the arms up, squeeze the biceps.

Repeat this for 20 to 30 reps.

Tricep kick backs

Standing with the legs in a parallel position, hip-distance apart, stand on the center of the resistance band and double up the other ends of band around the wrists, keeping the arms close to the body. Squeeze the shoulder blades, and begin to squeeze the arms back as you would in a dumbbell kick back, using the band, squeezing from the top of the arm.

Case Study Follow up

Patient: 73-year-old male complaint of chest pain

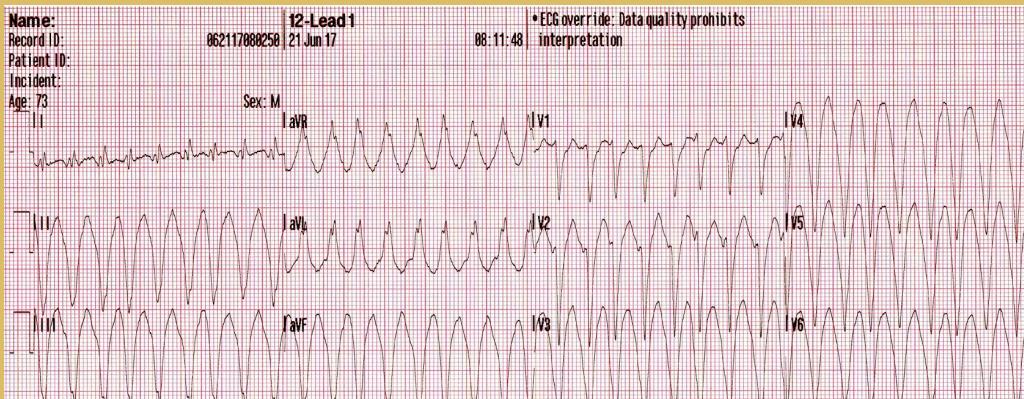
Scene: Found patient sitting in chair on arrival. Patient presented diaphoretic, speaking full sentences, A+Ox4, stating he has substernal chest pressure going down his left arm. Pressure feels "like his previous heart attacks." Patient was walking outside to clean his pool when pain began, and came back inside and when the pain didn't go away after 30 minutes he called 911.

History: HTN, GERD, MI x3, CABGx5, and STENT placement

Medications: Coumadin, Ramipril, Omeprazole, Atorvastatin, Zetia, Metoprolol, Citalopram, Clonazepam, Prednisone and HCTZ

Allergy: NKDA

Result – (NSR w/ PVCs) then converts back to V-Tach



Vitals

B/P: 100/Palpation

Pulse: 180bpm

RR: 16

LS: Clear

SPO2: 98%

1) What is the rhythm?

Ventricular Tachycardia

2) What would your initial treatment be?

Per statewide protocols:

If symptomatic, but hemodynamically stable:

Consider, Amiodarone 150 mg over 10 minutes or Procainamide 25-50 mg/minute infusion

Vitals after Amiodarone: 80/60, 180p, 24R

3) What is your treatment now?

Synchronized cardioversion at 100 joules

4) What do you think is causing the recurring V-tach?

Acute Myocardial Infarction

5) What transport considerations should you make with this patient?

A facility that has a PCI center should be considered with the high suspicion of an acute MI.

Employee Spotlight

With each publication, our newsletter will honor an employee who has demonstrated a commitment to patients and co-workers alike via a positive attitude, work ethic, and overall inspiring demeanor. This issue's selections are EMT partners Kristen Askin & Ryan Jano.



1. I'm from Boston originally, but grew up in Danbury. I have BA in writing.

2. I was inspired to become an EMT while working as a life-guard. Several of my coworkers were talking about an EMT course they had taken so I decided to check it out. The first time I got in an ambulance to do my ride time I knew I had found what I wanted to do.

3. My future aspirations are to attend Capitol's medic program next fall. Eventually, I would like to complete an RN bridge program.

4. In my time off I like to write. I also am teaching myself how to spin poi, including fire poi. I am also a face painter and balloon twister for children's parties.

5. I am motivated by the desire to be someone that my parents can be proud of.

6. Working at Aetna has helped me by challenging me and offering an incredibly supportive environment in which to grow.



1. I'm 22 years old from Simsbury, CT. I have been an EMT since 2014 when I graduated high school.

2. My dad is a firefighter/paramedic in East Hartford and my mom worked at CCMC so for my whole life I have been exposed to emergency services and the medical field in general. I loved the excitement and challenge of the job and couldn't see myself doing anything else.

3. I want to get my paramedic and maybe respiratory therapy degree. I would love to be on Lifestar or be a fire medic at some point in the future.

4. What do I do on my time off? I hate being bored so I am always doing something whether it's going to the gym or working on my car. When the weather is right I enjoy going fishing.

5. What motivates me? I'm very self driven I guess. My motivation is to do better than I did yesterday.

6. Aetna has probably been the best experience of my life. I work with some of the best people I've ever met. I look forward to coming into work every shift.