

Clinician RESOURCES

A variety of resources to end the year and take you into 2014.

On the road again



Give your patients with an ostomy this information from the

Transportation Security Administration to help them navigate airport screening:

- You can be screened without having to empty or expose your ostomy, but you need to let the officer conducting the screening know about the ostomy before the screening starts.
- You can be screened using imaging technology, a metal detector, or a thorough patdown.
- Your ostomy is subject to additional screening. In most cases, this means you will pat down your ostomy and then your hands will undergo explosive trace detection.

You may also want to suggest your patients download a **free travel communication card** from the United Ostomy Associations of America, Inc.



Nutrition guidelines for patients with diabetes

Access “**Nutrition therapy recommendations for the management of adults with diabetes**,” published by *Diabetes Care*.

The position statement from the American Diabetes Association (ADA) discusses goals of nutrition therapy and provides recommendations in several areas, including effectiveness of nutrition therapy, energy balance, eating patterns, alcohol, sodium, omega-3 fatty acids, carbohydrates, glycemic index and glycemic load, and dietary fiber and whole grains.

The ADA recommends that people with diabetes should make nutrition therapy a part of their treatment plan, but adds that there is no “one size fits all” eating plan. The **position statement** calls for all adults diagnosed with diabetes to eat a variety of nutrient-dense foods in appropriate portion sizes as part of an eating plan that takes into account individual preferences, culture, religious beliefs, traditions, and metabolic goals.

Compression club

The International Compression Club (ICC) is committed to getting the word out to health professionals and patients about the value of compression therapy.

The **ICC's website** includes consensus statements and education tools such as a video on the use of compression bandages.

Do not crush!

Not sure you can crush that pill? You might want to check a list of oral drugs that shouldn't be crushed.

John F. Mitchell, PharmD, FASHP, Medication Safety Consultant, assembled the list, which is available for **download**.

