



**ALLEN  
HOSPITAL**  
IOWA HEALTH SYSTEM

Occupational Health



TAKING CARE OF  
*your*  
BUSINESS

April 2009

## Allen Occupational Health at Prairie Medical Park in Cedar Falls Expands Hours



Allen Occupational Health, at Prairie Medical Park in Cedar Falls, is extending business hours to accommodate the needs of businesses within the Cedar Valley. The clinic will continue to provide a full range of occupational health care services, such as; worker injury treatment, post-offer and surveillance physicals, and drug testing. The clinic will operate from 8:00am to 4:30pm, Monday thru Friday with after hour

services provided until 8pm at Prairie Medical Park Urgent Care located adjacent to the Occupational Health clinic.

In August of 2007, Allen Occupational Health opened its doors at Prairie Medical Park in Cedar Falls and served companies from 8am – 12pm Monday - Friday. "This location offers a convenient site for our client companies who reside on the west side of Cedar Falls and Waterloo and has proven to be a win-win solution for the businesses and their employees within the vicinity. During the last couple of years, interest in the clinic has continued to grow, which has precipitated many requests for extended hours," says Toni Pint-Burke, Director of Occupational Health at Allen Hospital.

Allen Occupational Health at Prairie Medical Park is staffed by two of Allen's five occupational health providers, Dr. Laval Peloquin and Paulette Herold, ARNP.

Dr. Peloquin is Board certified in Family Medicine and is a certified DOT Physician. In addition to practicing for more than 20 years in the Cedar Valley, Dr. Peloquin practiced occupational medicine while serving in the military.

Paulette Herold, ARNP serves not only as a designated medical provider but as a case manager for our injury management program. Paulette's dedication to lifelong learning and serving others has been demonstrated through her involvement as a former faculty member/educator for several nursing colleges, nurse manager of the NE Iowa Vascular Lab, and trained medical professional in cardiac rehabilitation. Paulette was recently recognized as one of the Top 100 Nurses in the State of Iowa.

### Hearing Conservation Courses Offered at Allen College

A certification course and re-certification course for Hearing Conservation will be offered at Allen College May 14 –16. These workshops are designed to familiarize participants and/or refresh participants with all facets of occupational hearing conservation. For more detailed information on these courses, please visit our website at [www.allenocchealth.com](http://www.allenocchealth.com) to download a brochure and registration form.

## Upcoming Events

### Occupational Hearing Conservationist Course May 14, 15, and 16

Please visit [www.allenocchealth.com](http://www.allenocchealth.com) for more information and registration materials.

### Training Certification for Drug-Free Workplaces

#### April 24, 1-3 p.m.

2 hr. Initial Training  
\$34/person

#### April 17, 1-2 p.m.

1 hr. Annual Non-DOT Update Training  
\$22.00/person

#### Location:

Medical Staff Classroom at Gerard Hall, Allen College

To Register visit:

[www.allenocchealth.com](http://www.allenocchealth.com) or email call Christina Johari at 319-235-5043

### First Aid/CPR Classes

#### Friday, May 1, 2009

8 a.m. - 1 p.m. First Aid & CPR  
Cost \$52.50/person

8 a.m. - 10 a.m. CPR only  
Cost \$26.50/person

#### Location:

Medical Staff Classroom at Gerard Hall, Allen College

To Register visit:

[www.allenocchealth.com](http://www.allenocchealth.com) or email call Marlys Nelson at 319-235-3523.

*All registration information for classes can be found on the lower right hand corner of our Allen Occ Health's website home page at [www.allenocchealth.com](http://www.allenocchealth.com)*

## Allen Occupational Health Providers Receive Additional Training to Perform DOT Medical Examinations Under New Guidelines

The importance of performing thorough exams on commercial drivers has never been more important. Over the past 20 years (1982-2002), the Federal Motor Carrier Safety Administration (FMCSA) estimates there has been a 42% increase in registered large trucks and a 93% increase in miles traveled by large trucks. These statistics reflect a significant increase in the presence of large trucks on our Nation's highways.

There is also evidence that improper medical certification has contributed directly to accidents. The National Transportation Safety Board, for example, has documented cases where drivers with serious disqualifying medical conditions were involved in significant accidents involving serious injury or death. FMCSA field staff investigators report that while these drivers may have had a current license, it may have been obtained by examiners not familiar with the DOT regulations or current guidelines.

The opportunity for a truck or motorcoach driver to drive on the highway when he or she has a serious medical condition exposes the public to an unacceptable risk and significantly increases the likelihood of a death or injury to occur. To prevent this from happening, federal Department of Transportation (DOT) regulations require truck and motorcoach drivers to pass a rigid physical exam designed to ensure that they are physically qualified to drive. However, the National Transportation Safety Board (NTSB) has found that "serious flaws exist in the medical certification process for commercial vehicle drivers." In fact, according to the NTSB, "The lack of thorough and accurate DOT physical examinations has reached epidemic proportions."

Accordingly, medical professionals who perform driver physical examinations have a critical need to know, understand, and comply with the DOT requirements that govern driver physical qualifications before they perform driver physical examinations.

The additional DOT Medical Examination training ensures that Allen Occupational Health's providers are current with DOT's regulations and guidelines. This assurance provides peace of mind to our clients and to the public that a medical professional has the requisite knowledge and understanding of what DOT requires in order for a truck or motorcoach driver to pass his or her physical examination.

If you would like more information on our DOT Physical and Drug Testing Program, please call Natalie Kracht at 319-266-3842 ext. 302.

## Paulette Herold, Honored as a Top 100 Great Iowa Nurse



Paulette Herold, ARNP, is one of five Allen nurses, that has been named to the 100 Great Iowa Nurses list for 2009.

Allen nurses have been honored in every annual 100 Great Iowa Nurses event since the recognition program began. This is the largest group of Allen nurses ever honored in one year. You can see the entire Great Nurses 2009 list and click on Past Recipients at [www.greatnurses.org](http://www.greatnurses.org).

Winners were chosen for their courage, competence and commitment. They will be honored with a reception in Des Moines on May 3, 2009. Next month we will share more about what makes Paulette such a special nurse and why Allen Occupational Health is honored to have her as part of our team of providers!

## AllenCARE - Best Outcomes for Every Patient, Every Time

Allen Memorial Hospital's New Vision Statement is not just a series of words. It is not just a fad for all employees to memorize, be quizzed on, and then long forgotten. Allen's new Vision serves as the roadmap, enlightening Associates to keep quality, customer service and excellence at the fore-front.

This Vision assists our Associates in developing a Continuous Improvement mindset and cultural transformations imperative to making our Vision just that... a Vision.

Allen Occupational Health serves to please our patients and client companies. We strive to provide the best care with quality outcomes. This Vision can only be met if we continue to serve your needs. Communication plays a vital role in this effort.

That is why our team of experts are available at any time to discuss any issues, questions or concerns you may have. Please feel free to call Natalie Kracht at 319-266-3842 ext. 302 to arrange a time to meet with our staff. Helping you, helps us strive for our goal... AllenCARE - Best Outcomes For Every Patient, Every Time.