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Health & Wellness *solutions*

NEWSLETTER FOR JOB CORPS HEALTH & WELLNESS STAFF

Think Pink at the Jacksonville Job Corps Center

Every October, organizations from the NFL to major television networks turn pink in support of breast cancer awareness. Jacksonville Job Corps center planned their own event that focused not only on increasing awareness, but educating students about detecting breast cancer.

The center’s Health and Wellness Manager, NaTamara Richie, RN, planned a day-long “Think Pink” celebration, complete with a guest speaker, a poster contest, a fashion show, and a HEALs-inspired volleyball game. The students enjoyed themselves during the celebration, including the pink lemonade and assorted pink treats, but more importantly, they left with some powerful messages.

First, the speaker emphasized that breast cancer can also happen to men. Many male students were surprised by this and wanted to learn more.

Second, breast self-examination models showing a breast with lumps were available for students to feel signs of cancer. All students learned to perform self exams.

Lastly, students were encouraged to partner up with a friend or family member to remind each other to conduct self exams monthly. Some students partnered with each other and others called their mothers or grandmothers and asked them to serve as their buddy.

Mrs. Richie reported an influx of students visiting the Health and Wellness Center in the weeks following the event. Many students were afraid that they felt lumps and wanted a health care provider to examine them. The health and wellness staff did not find any students who actually had lumps in their breasts, and they took advantage of the opportunity to teach students more about conducting self exams.

According to Mrs. Richie, “Awareness is the key to continue the fight against breast cancer. I could not have done it without the assistance of the Center Director, Shawn Murphy, the Wellness staff, other center staff, and most of all our students. I look forward to next year’s activities to help promote breast cancer awareness!”



E-Cigarettes in Job Corps



An electronic cigarette, also known as an e-cigarette, is a battery-powered device that provides inhaled doses of nicotine through a slim cigarette-like chamber. This simulates the act of tobacco smoking as the user inhales and exhales, but it does not emit an odor. E-cigarettes were developed in China and were introduced to the US market in 2007.

The Food and Drug Administration (FDA) does not yet have regulatory control because e-cigarettes are not a tobacco product; however, the FDA is currently working to expand its regulatory power to include e-cigarettes, hookahs, and product components such as e-cigarette cartridges.¹ So far, e-cigarettes have been largely unregulated.

E-cigarettes are becoming extremely popular with young adults. According to the CDC, “More than a quarter of a million youth who had never smoked a cigarette used electronic cigarettes in 2013.” This number reflects a three-fold increase, from about 79,000 in 2011, to more than 263,000 in 2013.² Further, some e-cigarette users are using them long term as a way of ending their tobacco use.³

There are some proponents for e-cigarettes who tout them as a safer alternative to tobacco products. E-cigarettes have been found to have no acute adverse effects on cardiac function, according to recent research. The primary researcher, Dr. Farsalinos, stated, “More clinical studies need to be done before suggesting that this is a revolutionary product. However, considering the extreme hazards associated with cigarette smoking, currently available data suggest that electronic cigarettes are far less harmful, and substituting tobacco with electronic cigarettes may be beneficial to health.”⁴

According to the CDC, e-cigarettes appear to have fewer of the toxins compared to traditional cigarettes, but the impact of inhaling pure nicotine both in the short and long term is unknown.⁵ Because the product is not regulated, there are concerns about quality control and unknown chemicals present in the e-cigarette or the actual amount of nicotine in the cartridge.

Per PRH 6.11, R3, Tobacco Use Prevention Program (TUPP), centers are required to establish a tobacco-free environment for the majority of the center. Adherence to all federal and state laws regarding the use of tobacco products is mandated on Job Corps centers. Minors using tobacco products should be referred to the TEAP Specialist for assistance in discontinuing tobacco use. Additionally, centers should be aware that e-cigarettes can be used for illegal drugs, and Job Corps has a zero-tolerance policy for illegal drugs.

Feedback on regional TEAP Specialist teleconferences indicates that the majority of centers treat e-cigarettes as regular tobacco-filled cigarettes. Services are provided on center to assist students in developing a tobacco-free lifestyle through both the TUPP and the Chronic Care Management Plan for Tobacco Cessation.



¹U.S. Food and Drug Administration. “Issue Snapshot on Deeming: Regulating Additional Tobacco Products”. Accessed on December 15, 2014. <http://www.fda.gov/downloads/TobaccoProducts/NewsEvents/UCM397724.pdf>

²Centers for Disease Control and Prevention. “More than a quarter-million youth who had never smoked a cigarette used e-cigarettes in 2013.” Accessed on 12/15/2014 <http://www.cdc.gov/media/releases/2014/p0825-e-cigarettes.html>

³J. Foulds, S. Veldheer, A. Berg. “Electronic cigarettes (e-cigs): views of aficionados and clinical/public health perspectives”. International Journal of Clinical Practice. Vol65, Iss 10, pgs 1037–1042, October 2011. <http://onlinelibrary.wiley.com/doi/10.1111/j.1742-1241.2011.02751.x/full>

⁴Farsalinos K, Tsiapras D, Kyrzopoulos S, and Voudris V. “Electronic cigarettes do not damage the heart”. European Society of Cardiology. 25 Aug 2012. Accessed on December 15, 2014. <http://www.escardio.org/about/press/press-releases/esc12-munich/Pages/acute-effects-electronic-cigarettes-heart-damage.aspx?hit=dontmiss>



Family Planning FAQs Published

New policies for family planning, pregnancy, MSWR, and transportation were released on September 19th. Many questions have been submitted since the policy release. A frequently asked questions document has been posted to the Job Corps Health and Wellness website at: <https://supportservices.jobcorps.gov/health/Pages/FamilyPlanningDocuments.aspx>.

Getting Ready for Spring!

As the short, cold winter days give way to spring, staff and students long for the outdoors. Several Job Corps centers have created outdoor HEALs fitness courses.

At the Old Dominion JCC, the facilities maintenance class led the charge to create an outdoor fitness course, with assistance from the plumbing and painting trades. The electrical wiring trade installed the solar light system to illuminate the area after dark.



New Items on the Health & Wellness Website

Information Notices (https://supportservices.jobcorps.gov/health/Pages/InfoNotices.aspx)
<ul style="list-style-type: none"> • IN 14-26 Job Corps Health and Wellness Report: Review of Selected Health Indicators, Program Year (PY) 2013 (11/19/2014) • IN 14-25 Mandatory Student Injury Recordkeeping Webinar (11/10/2014) • IN 14-24 Winter Weather Preparedness 2014 (11/4/ 2014) • IN 14-23 Ebola Virus Information Update (11/3/2014)
Program Instructions (https://supportservices.jobcorps.gov/health/Pages/PINotices.aspx)
<ul style="list-style-type: none"> • PIN 14-14 E-folders and the Student Health Record (SHR) (11/24/2014) • PIN 14-15 Reminder That the Use of Student Behavior Contracts Related to HIV Infection Are Not Permitted (11/24/2014)
Desk Reference Guides (https://supportservices.jobcorps.gov/health/Pages/WellnessStaff.aspx)
All discipline DRGs updated November 2014
Health Education Curriculum (https://supportservices.jobcorps.gov/health/Pages/Health-Education-Curriculum.aspx)
Relationships and Sexuality, Reproduction and Birth Control, and Sexually Transmitted Infections (STIs) (November 2014)
Webinars (https://supportservices.jobcorps.gov/health/Pages/Webinars.aspx)
<ul style="list-style-type: none"> • Measures to Support Safety in Dental Radiography (11/20/2014) • Responding to Critical Incident: Helpful Tips and Lessons from the Field (11/12/2014) Handout 1: Fact Sheet -- Coping after a Traumatic Event: Tips for Job Corps Students and Staff Handout 2: Critical Incident Crisis Intervention Plan • Identifying, Providing Care and Accommodating Students with Post-traumatic Stress Disorder (PTSD) (10/29/2014) • Effective Presentations for Mental Health Trainings (9/23/2014)
Webpage (https://supportservices.jobcorps.gov/health/Pages/Sexually-Transmitted-Infections.aspx)
Sexually Transmitted Infections

