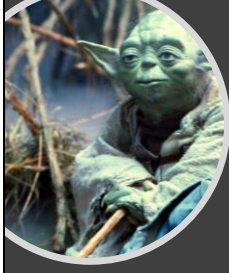


Slide 1




Cheryl Lehman PhD RN CNS-BC RN-BC CRRN
Already Know You That
Which You Need! Keeping
Up and Staying Current!

Slide 2



We came out of school....

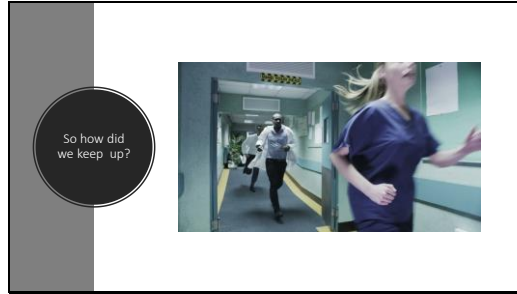
Slide 3



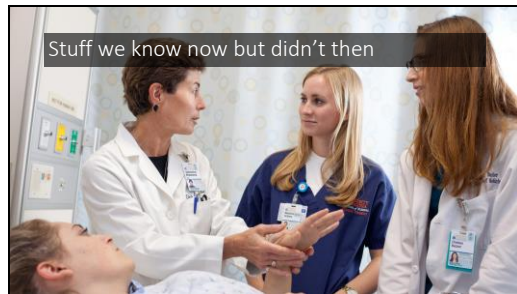
And then.....

Labels in cartoon:
- Empty Bladder
- No Sleep
- No Time for Exercise
- No Time for Meals
- No Time for Hygiene
- No Time for Rest
- No Time for Learning
- No Time for Family
- No Time for Friends
- No Time for Fun
- No Time for Food
- No Time for Love
- No Time for Life
- No Time for Nothing
- No Time for Anything
- No Time for Everything
- No Time for Nothing
- No Time for Anything
- No Time for Everything

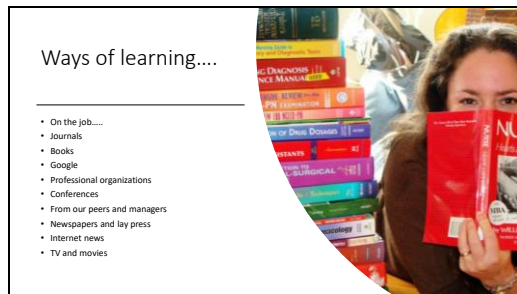
Slide 4



Slide 5




Slide 6



Slide 7


I have found that I like to browse....and surf....

And then I learn cool stuff, like this:



Slide 8


A few topics for thought....



Slide 9

Here's an update!

- Did you know....If you have the BRCA 1 or BRCA 2 mutation for breast cancer, you should NOT ever have a mammogram?
- But.....the challenge is being screened.....



Slide 10

How about them knees?

- 6,000-Year-Old Knee Joints Suggest Osteoarthritis Isn't Just Wear And Tear



<https://www.npr.org/sections/health-shots/2017/08/15/543402095/creaky-knees?sc=tw>

Slide 11



Hyperbarics – evidence-based practice?

- Not recommended for diabetics by ADA 2ndary to lack of research evidence.
- Approved by Medicare, but looking closely at justification.
- Great money maker for facilities.
 - Twenty outpatient visits can bring a hospital \$9,000 in revenue.

https://www.washingtonpost.com/national/health-science/hyperbaric-wound-treatment-often-for-diabetics-is-booming-is-that-a-good-thing/2017/06/23/972d50a6-5065-11e7-be25-3a519335381c_story.html?utm_term=.a0ec00ef97ed

