

## Health and Safety Alert Month

The Office of Integrated Health offers many Health and Safety Alerts on the DBHDS website. For more information on various health topics, please visit our website at [www.dbhds.virginia.gov](http://www.dbhds.virginia.gov) and select Office of Integrated Health under Professionals and Service Providers.



## Depression & Suicide

*Let's talk about it.*

Depression is more than just feeling down or having a bad day. When a sad mood lasts for a long time and interferes with normal, everyday functioning, you may be depressed. The exact cause of depression is unknown. It may be caused by a combination of genetic, biological, environmental, and psychological factors. Depression can potentially affect all individuals.

Depression is a mood disorder that causes distressing symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working. To be diagnosed with depression, symptoms must be present most of the day, nearly every day for at least 2 weeks.

The first step in getting the right treatment is to visit a health care provider or mental health professional, such as a psychiatrist or psychologist. Once diagnosed, depression can be treated with medications, psychotherapy, or a combination of the two. If prescribed medications, it is important to not suddenly stop any prescribed medications.

Depression can occur along with other serious illnesses, such as diabetes, cancer, heart disease, and Parkinson's disease. Depression can make these conditions worse and vice versa. Sometimes medications taken for these illnesses may cause side effects that contribute to depression symptoms.

This information has been provided by the National Institute for Mental Health. For more information please visit NIMH at <https://www.nimh.nih.gov/health/publications/depression>

*The above information is not intended to provide a medical diagnosis of major depression and cannot take the place of seeing a mental health professional.*

## Warning Signs of Suicide

If someone you know is showing one or more of the following behaviors, he or she may be thinking about suicide. ***Don't ignore these warning signs. Get help immediately.***

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

## Need Help?

Regional Crisis help can be found on our website at <http://www.dbhds.virginia.gov/developmental-services/Crisis-services>



## NEW Health Alert

### *Congestive Heart Failure*

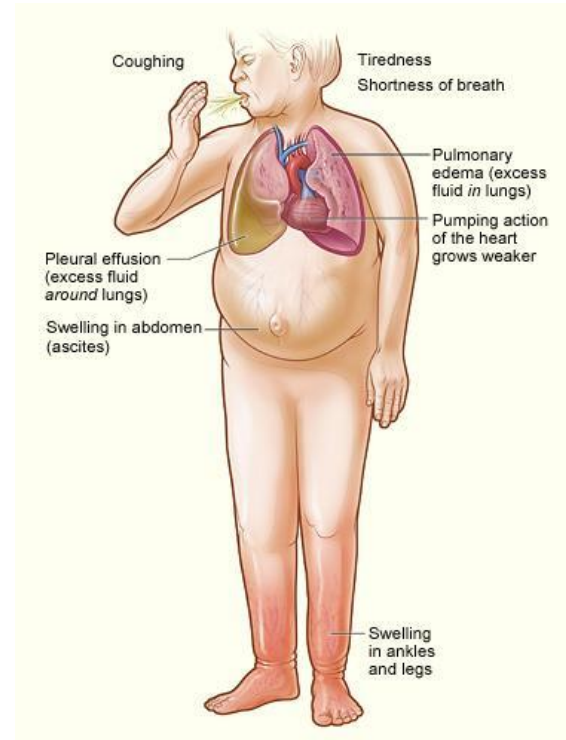
Heart failure happens when the heart cannot pump enough blood and oxygen to support other organs in your body. Fluid can begin to accumulate in an individual's body as well. This can present as swelling in ankles and legs.

Fluid buildup from heart failure also causes weight gain, frequent urination, and a cough that's worse at night or when you're lying down. This cough may be a sign of acute pulmonary edema. **This is a condition in which too much fluid builds up in the lungs and requires emergency treatment.**

Common symptoms of heart failure include:

- Shortness of breath during daily activities
- Having trouble breathing when lying down
- Weight gain with swelling in the feet, legs, ankles, or stomach
- Generally feeling tired or weak

Please visit our website, [www.dbhds.virginia.gov](http://www.dbhds.virginia.gov), for both detailed and condensed versions of the latest Safety Alert on Congestive Heart Failure.



<https://www.nhlbi.nih.gov/health-topics/heart-failure>



## Safety Alert

### *Medication Management*

Medication management is an essential component to an individual's care. Providers should ensure to have medication procedures in place which should include but is not limited to the following:

- Confirm you have the correct individual
- Check the hard copy of the prescription against the medication administration record
- Check the hard copy of the prescription against the medication packaging label from the pharmacy
- Repeat 3X prior to administering the medication

Medication should not be administered if these items do not match and medical personnel should be notified and guidance for further action obtained.



### Rights of Medication Administration

Medication errors are preventable. Prior to giving a medication, stop and review the rights of medication administration.

1. Right individual
2. Right medication
3. Right dose
4. Right time
5. Right route
6. Right documentation
7. Right doctor's order

