

PATIENT AND FAMILY ADVISORY COUNCIL (PFAC) UPDATES

What is a PFAC?

Collaborative partnership among patients, families, caregivers and practice leadership to share the patient and family perspective about the health care experience.

Updates: One recent topic was Medicare Annual Wellness visits- what is and is not included in this visit. The PFAC felt like this was great information to share. We have detailed flyers at the office but here are some highlights:

What is this visit? The purpose is to identify health risks and discuss ways to reduce them.

What to expect:

- Limited exam- Blood pressure and weight
- Complete Health History (so lots of questions)
- Certain screenings for falls, depression and vision and hearing
- This is not a head to toe physical.
- This visit is not intended to cover chronic or new problems.
 - Per Medicare and most insurance companies' rules, discussing any other health problems during your wellness visit will be subject to a separate charge

Patient Satisfaction Scores

Every month, patients from our practice are randomly chosen to complete a survey about their patient experience. Our average overall score is **93.2%**. We'll report on our recent scores in each issue of this newsletter. Thank you for taking time to complete this survey... we value your feedback!



HEALTHY Habits

May is *Mental Health Month!*

A healthy lifestyle can help to prevent the onset or worsening of mental health conditions like depression and anxiety. Eating healthy foods, managing stress, exercising, and getting enough sleep can go a long way in making you healthy all around.

While mental illness affects a significant portion of the U.S. population, the National Institute of Mental Health indicates that only about half of those living with mental illness receive treatment. Mental illnesses are common and treatable. Talk with your provider if you need help. To learn more about mental health, visit:

<https://www.nimh.nih.gov/index.shtml> or <https://mentalhealth.gov/>.

New Shingles Vaccine - Shingrix

Shingles vaccination is the only way to protect against shingles and post herpetic neuralgia (PHN), the most common complication from shingles. The Centers for Disease Control (CDC) recommends that healthy adults 50 years and older get two doses of the new shingles vaccine called Shingrix®.

Shingrix provides strong protection! Two doses of Shingrix is more than 90% effective at preventing shingles and PHN. Protection stays above 85% for at least the first four years after you get vaccinated. Shingrix is now the preferred vaccine, over Zostavax®, a shingles vaccine used since 2006.

Who Should Get Shingrix? Healthy adults 50 years and older should get two doses of Shingrix, separated by 2 to 6 months. You should get Shingrix even if in the past you:

- had shingles in the past
- received Zostavax
- are not sure if you had chickenpox

*Adapted from:

<https://www.cdc.gov/vaccines/vpd/shingles/public/shingrix/index.html>

Liberty Family Medicine now has a website dedicated to our practice. Visit us at [The Christ Hospital.com/Primary-Care](http://TheChristHospital.com/Primary-Care)