



CPR Certification Class

Earn an updated CPR certification at IRMC Physician Group!

Did you know...

1. CPR certification is mandatory for MAs, LPNs, and other medical professionals.
2. CPR certifications need renewed every two years.
3. Only 6.4 percent of cardiac arrest victims survive because witnesses do not know how to perform CPR.
4. More than 200,000 people die from sudden cardiac arrest every year.
5. Approximately 50,000 of 200,000 cardiac arrest deaths could be prevented every year.



Managing Carpal Tunnel Syndrome

[Carpal tunnel syndrome \(CTS\)](#) is a condition that affects approximately four to ten million Americans and causes numbness, tingling, and pain in the fingers and hands.

Follow the simple tips below to help ease mild to moderate CTS symptoms.

- Avoid repetitive and strenuous hand and wrist movements.
- Pay close attention to pain in the hands and wrists. Stop the activity if it is causing pain, discomfort, or numbness.
- Take frequent breaks from activities that involve repetitive hand and wrist movements.

6. A cardiac arrest victim's survival rate declines 10 percent for every minute an automated external defibrillator (AED) is not attached.
7. After the victim's heart stops beating, the brain can die within four to six minutes.
8. Performing CPR provides the brain and other vital organs with oxygen to give the victim the highest chance of a full recovery after emergency medical services arrive.
9. If CPR is given with the first four minutes of cardiac arrest, the victim's survival chances double.
10. CPR training includes operating an AED.
11. Most states require an AED to be present in all public settings.

After taking IRMC Physician Group's CPR class, participants will...

- Have the knowledge to potentially save the life of family, friends, or complete strangers.
- Become more knowledgeable about performing CPR.
- Be more confident about reacting when someone is suffering from a heart attack.
- Know how to operate life-saving technology.
- Become educated about guidelines addressing opioid overdose and exposure.

CPR training does not only benefit you, but can also highly benefit those around you, if it is necessary.

IRMC Physician Group's first CPR training class is **Tuesday, Feb. 28, 2017, from 5:30 p.m. to 7:30 p.m. at [640 Kolter Drive, Indiana, Pa. 15701.](#)**

Call **888-452-IRMC (4762)** to reserve your spot today!



Welcome, Michael Dziagwa!

IRMC Physician Group is excited to introduce certified registered nurse practitioner, [Michael Dziagwa.](#)

- Keep wrists in a neutral position to avoid extending the wrist too far up or flexing too far down.
- Utilize larger joints when lifting objects to avoid stressing smaller joints in the wrists, hands, and fingers.
- Don't hold objects in the same position for extended periods of time.
- Adapt the workplace to keep wrists in a neutral and comfortable position.
- Hold writing utensils loosely to ease joint pain.
- Avoid sleeping on the hands or wrists while they are in a bent position.

If you believe you have CTS or your CTS is worsening, call 888-452-IRMC (4762) to schedule an appointment with IRMC Physician Group Rheumatologist, [Dr. Amit Ladani!](#)



Shoveling Safety

In Western Pennsylvania, shoveling snow is sometimes a strenuous task during the winter months.

Michael Dziagwa is a CRNP from Seward, Pa. He received master's degree in nursing from Carlow University in Pittsburgh, Pa.

Michael began his clinical experience at Indiana Regional Medical Center as a medical surgical registered nurse for two years. He has experience in multiple clinical settings, which include emergency rooms, family practices, palliative care facilities, pediatric offices, and women centers.

Michael is a member of the American Academy of Nurse Practitioners, Pennsylvania Coalition of Nurse Practitioners, and Laurel Highlands Nurse Practitioner Association.

As a nurse practitioner, his goal is to provide patients with timely, high-quality care.

In his spare time, Michael enjoys reading, playing guitar, piano, trumpet, and studying history.

His office is located in the [Patton Family Medical Center at 142 E. Carroll St., Carrolltown, Pa. 15722.](#)

Although shoveling can be a good workout, it can also cause unnecessary strain on the heart, spine, circulatory system, and other muscles.

Shoveling fresh, powdery snow after a snowfall is more favorable because it weighs less and doesn't cause as much muscle strain as wet and heavy snow. Remember, pushing the snow is more efficient than lifting it. If lifting snow is required, avoid injury by lifting with your legs instead of your back. Keeping the shovel blade close to the body can also help reduce the risk of back strain.

If you have a history of heart disease, don't shovel snow unless you have a doctor's permission. If you begin feeling chest tightness or shortness of breath, stop to consult your doctor.

Stay safe this winter and only shovel what you're able to shovel. A clean driveway is not worth jeopardizing your health.

If you are experiencing heart complications or have back problems from shoveling or other physical activities, call 888-452-IRMC (4762) to schedule an appointment with an IRMC Physician Group [cardiologist](#) or [physiatrist!](#)



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