

January is National Blood Donor Month

Blood transfusions generally refers to the transfer of blood or blood components from one person to another in order to combat blood loss during trauma or surgery. Transfusions of blood may also be required for the treatment of hemophilia, sickle cell anemia and cancer.

The evolvement of the blood transfusion in the medical community as a life saving, therapeutic measure has an interesting history. In 1665, the first successful blood transfusion was performed by the English physician, Michael Lawler. He saved the life of a dog with a dog to dog blood transfusion. Dog transfusions were soon followed with successful blood transfusions from sheep to humans. But in 1829, a British obstetrician James Blundell performed the first successful transfusion of human blood to a postpartum hemorrhage patient. However, recognition of the blood transfusion's therapeutic potential arrived through the Austrian physician Kurt Landerlier and his discovery of the blood groups A, B, and O. He discovered that transfusions between people of the same blood group usually led to safe transfusions. By 1907 the first blood transfusion was performed using blood typing and cross matching of donors to ensure compatibility. Soon thereafter, the discovery of the fourth blood type (AB) the Rh factor, anticoagulants and refrigeration helped to lay the groundwork for the establishment of a National Blood Collection program. In 1941, the American Red Cross initiated a collection program for the military and by 1948 a collection program was established for civilians.

There has and always will be a need for blood donation. The shelf life of a unit of blood is only 42 days! Every two seconds, someone in the United States needs blood. Since blood cannot be manufactured, all transfusions rely on donors. Car accident victims can require red blood cell transfusions of 50 units (pints) or more! Each year, 4.5 million Americans die without blood transfusions. A patient could be forced to pass up a life saving organ if compatible blood is not available to support the transplant. One unit of blood can be used to save up to three lives!

Blood donation is a very safe and easy way to give back to your community. The whole procedure takes less than an hour. Because blood is traditionally on short supply during the winter months, the current critical care needs (less than two days) in our community are AB negative, O positive and O negative, but all blood types are needed. January has been designated as National Blood Donor month. You can make an appointment at LifeServe Blood Center, 800-287-4903, to make your donation.

*“You have not lived today until you have done something for someone who can never repay you.”
John Bunyan*

Then & Now The Sphygmomanometer

The importance of blood pressure monitoring is undisputed as a diagnostic tool! Nearly every medical procedure, physical exam, physician office visit and home nursing visit begins with a blood pressure check! Blood pressure stability and control is a helpful tool in analyzing wellness versus illness. Hypertension is a risk factor for strokes, heart attacks and kidney failure!

Arterial blood pressure is generally measured using a stethoscope and sphygmomanometer. Sphygmomanometer (commonly called a blood pressure cuff) comes from the Greek word sphygmos (pulse) and nanometer (pressure meter). The systolic pressure reflects the pressure when the ventricles of the heart contract. The diastolic pressure is the minimum pressure in the arteries which occurs when the ventricles are being filled with blood. In adults, a blood pressure of 120/80 millimeters of mercury falls within normal range.

The evolution of the sphygmomanometer is filled with creative inventors. The first documented measurement of blood pressure in an animal was in 1733 by an English physiologist, Stephen Hale. He connected a long glass tube to a horse's neck artery and noted that blood rose nine feet, six inches in the tube! In 1881, Austrian physician Samuel Von Basch took a rubber bulb filled with water and applied pressure to an artery until the pulse disappeared. Attached to the rubber bulb was a mercury device that measured systolic pressure while the artery was compressed. In 1896, Italian physician Scapione Beva-Rocci replaced the water filled rubber bulb with an inflatable cuff worn around the arm thus producing uniform pressure on the artery. Finally, in 1905, Russian physician Nikolai Korotkov used a stethoscope to listen to sounds of the artery (Korotkov Sounds) as pressure from the cuff was released. He is credited with discovering the differences between diastolic and systolic blood pressure. After 1910, physicians in the United States began to record diastolic and systolic pressures on their patients.

Mercury Sphygmomanometers are still used today along with electronic and aneroid devices that do not utilize liquids. It is important to monitor your blood pressure. In fact, home monitoring and recording of blood pressure will help your physician analyze your health status and may assist in medication management as well as the management of your overall health.



Psychology Today states that “Love is as critical to your mind and body as oxygen. It is not negotiable. The more connected you are, the healthier you will be both physically and emotionally. The less connected you are, the more you are at risk.”

In the United States, February 14 is celebrated as a day of love. In celebration of Cupid's arrow, Nurse Force is giving away a dinner for two at Sam & Gabe's Italian Restaurant in Des Moines.

An insert in this issue of Home Front highlights 31 romantic couples. Take the quiz, sign your name with your phone number and return to our office by February 10, 2016. Those with 31 correct answers will be eligible for a drawing, held on February 12 to decide the winner! Good Luck!!

Nurse Force
2900 Westown Pkwy Suite 200
West Des Moines, IA 50266

Sources for this edition of Homefront include: American Red Cross, Life Serve, The Medical Book by Clifford Pickover. Contributors for this edition of Homefront include: Katie Mort, & Sherri Lange

Famous Romantic Couples

1. Which 20th century British monarch took an American divorcee as his mistress and later abdicated his throne to marry her?
2. From question 1, what is the name of the American he took as his wife?
3. Their love affair began during the Bolshevik Revolution. What is the name of the Russian physician/poet who refused asylum in Paris with his family allowing him to continue his love affair with his soul mate?
4. From question 3, what is the name of the beautiful and passionate nurse he refused to leave?
5. The stormy romance between the redheaded, hot tempered Anne Shirley and her husband Gilbert Blythe began when they were children. Which Canadian province is the setting for Lucy Maud Montgomery's *Anne of Green Gables*?
6. Who said: "You should be kissed often and by someone who knows how"?
7. In this Jane Austen novel set in the 19th century the aristocratic Mr. Darcy is mesmerized by the beautiful but willful Elizabeth Bennett. What is the name of the book and popular movie?
8. In Charlotte Bronte's *Jane Eyre*, Jane disappeared from her beloved Rochester on their wedding day for what reason?
9. "France, Army, Head of Army, Josephine"These were the last words of Napoleon. For what reason did General Napoleon divorce his true love Josephine?
10. According to legend, how did Cleopatra die?
11. Which famous medieval teenager said: "Thus with a kiss I die"?
12. This famous British monarch so loved her consort and husband that when he died she went into seclusion for 3 years and wore black until she died. She was Britain's longest reigning monarch and under her rule it was said the "the sun never sets on the British Empire"?
13. In F. Scott Fitzgerald's *The Great Gatsby*, Gatsby relentlessly pursues the object of his affections the already married Daisy Buchanan. What is Gatsby's first name?
14. The Indian princess Pocahontas saved the life of the Englishman Captain John Smith and later married John Rolfe. Pocahontas eventually became a Christian. After her baptism she took what Christian first name?

15. Who said: "I can't think about that right now. If I do, I'll go crazy. I'll think about it tomorrow"?
16. Which Bible character worked for his father-in-law nearly 20 years for his two wives?
17. Eleventh century lovers, professor turned monk Abelard and his beautiful pupil turned nun Heloise are what nationality?
18. The backdrop of the French Revolution is the setting for a love triangle between Marius, Cosette and Eponine. What is the name of this literary classic and popular musical?
19. 1903 Nobel Prize winners Marie and Pierre Currie changed the course of medicine with their discovery of Polonium and Radium. Partners in love and science their research was conducted in Paris at Sorbonne University. Marie was born in Poland. Why did she receive her education in Paris?
20. According to *Arthurian Legend*, Queen Guinevere was sentenced to death for her adulteress love affair with Sir Lancelot by which method?
21. The British T.V. drama *Downton Abbey* has captivated its audiences with romance, courtship and marriage "upstairs" and "downstairs" at Highclere Castle. Name five couples that have tied the knot during its successful run on IPTV.
22. Which *Gone with the Wind* character said: "Children are life renewing itself, Captain Butler and when life does that, danger seems very unimportant"?
23. In 1648 the emperor Shah Jahan in memory of his beautiful wife Queen Mumtaz Mahal built one of the world's greatest structures symbolizing eternal love. What is the name of this famous Mausoleum?
24. Which American President and his wife were so taken with each other that they ignored others in public to the point of being rude? As the president was assassinated, his first words were for his wife: "my wife----be careful how you tell her."
25. Which American President and his wife wrote over one thousand letters to each other during their courtship and marriage? She had such an influence over her husband that she was snidely referred to in political arenas as "her majesty."
26. Andrew Lloyd Webber composed this vocal score specifically for his wife Sarah Brightman. She starred as the original Christine Daaé and played a beautiful and talented singer who forges a romantically complicated relationship with her socially inept, facially disfigured but mysterious vocal coach. What is the name of this novel turned musical?

Almond Poppy Seed Bread

Ingredients:

- 2 1/4 c. sugar
- 3 eggs
- 1 1/8 c. oil
- 1 tsp. vanilla
- 1 1/2 tsp. almond extract
- 1 1/2 tsp. butter flavoring
- 3 c. flour
- 1 1/2 tsp. salt
- 1 1/2 tsp. baking powder
- 3 Tbsp. poppy seeds
- 1 1/2 c. milk

Glaze:

- 1/2 tsp. butter flavoring
- 1 tsp. vanilla
- 1/2 tsp. almond extract
- 3/4 c. powdered sugar
- 1/4 c. orange juice

Mix bread ingredients together; beat 1 to 2 minutes. Pour into four mini greased loaf pans. Bake 50-60 minutes at 350 degrees. Cool a few minutes in pans.

Glaze: Beat all ingredients together until smooth. Poke warm loaves using fork or toothpick, all over tops. Pour glaze over warm loaves. Remove from pans and cool.

This is what one of our valued clients had to say about Nurse Force:

“ My nurse was wonderful, competent, caring and fun to visit with. Your organization is awesome!” - Pat

Employee of the Month December & January



Melisa has been an R.N. with Nurse Force for nearly 2 1/2 years. In her free time, Melisa enjoys running and has ran in many races. She enjoys traveling for fun and her favorite place to be is anywhere with a beach. Melisa's favorite part about her job is working with her clients.

Ella has been an aide with Nurse Force for six months. In her free time Ella enjoys snowmobiling. She is only 29 weeks away from graduating with her bachelor of science of nursing degree! Her favorite part about her job is getting to work with amazing clients that really begin to feel like family.



Sharon has been a home health aide with Nurse Force for 5 years. In her spare time, Sharon enjoys swimming and sight seeing. Her favorite place to vacation is Branson. Sharon's favorite part about working at Nurse Force is working with the elderly.



ACHC
ACCREDITED

WORD SEARCH

G F R P F Z L L A H N A S M T T S O W F
C U P I D M D O V J K Z Y T X S P O I F
F A K H H D R U V P E T E L I H I L F G
K K H S W E E T H E A R T K E F K G L O
K U S F P P I N K U Z C S J X F D U N O
L U D S R Y X F C R F C X K B S R Q A A
L H Q T U B A L L O O N S J O B U D M D
W J E U R H T H B O S M V N D E P F O Z
S C L A Z R W Q H O W X A U W M X Y U I
G H P O R J U O B M O E Y N J I D X R U
P O E M S T Q E D A L J R J C N H Z V H
O C Y M L Q A O D C M A T S A E T G A R
R O Y C K Y A I E M Q E U C T W K W L I
E L N T G R T D A P I D H R Q A K P E S
D A X C Z X A Q R H V D D Y F Y E Y N S
W T S D H N O D A R L I N G V N D Y T I
J E S A E P S D O V E S Z D W J W G I E
H D Y R M L P D V V H R I Q V D K H N C
U E E I I G P K P T X H F H H O T Z E Q
I S L Y Y O S Y F D W A J J Q C N R Q C

This month we have hidden 20 words associated with Valentines Day. They go every direction—up, down, diagonally. Good luck finding them all!

love
Cupid
heart
sweetheart
candy
dear
doves
flowers
valentine
kiss

red
pink
amour
poems
romance
chocolate
darling
serenade
be mine
balloons

