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# The OHARA Times

OHARA's goal is to provide case management with spectacular outcomes for all parties involved. We recognize that time is valuable and appreciate the opportunity you give us to earn your business with every referral.

## *Successful Case Management in Action!*

A truck driver was driving a load on a small 2 lane highway. The road was marked 65 miles per hour. He was under the speed limit at about 60 mph and had some traffic. What he did not know was the sequence of events that was about to occur. It was getting dusk, it was deer rutting season, and a car was approaching him going over 70 miles per hour without its lights on.

The truck driver slowed as he saw deer running across the highway. One jumped just as the car approaching him became closer. The deer hit the driver's windshield and broke the glass. The driver hit his brakes and stayed on them. The truck driver did as all truck drivers are taught to do and went into the right hand ditch to avoid the car. However, the driver of the car could not see as the deer was on his windshield. He must have had both feet on the brakes as his ABS system locked up and shot his car right into the front of the semi-truck and trailer.

Unfortunately all three people in the car were killed. The driver of the semi-truck was very shaken by this event and immediately called for help. He was taken by the highway patrol to the hospital and then given a ride back to his home. The adjuster on the file had just been presented with an option to use a crisis therapy service. The adjuster called their service and had a counselor assigned. The employee chose to see a chiropractor as a primary provider.

The OHARA medical case manager assisted with teaching the client and attended some of his chiropractic sessions and counseling sessions. The employee was very disturbed by the deaths in the accident and was having post-traumatic stress events that would disturb his sleep. He was also experiencing feelings of anxiety, shame and guilt. To address his physical discomfort to his neck, mid-back and low back, anxiety, poor sleep status, and emotional trauma, the case manager recommended a family practice physician. Due to the case managers regional experience and relationships, a physician was chosen that has been very good with men in the past regarding traumatic events and anxiety. The employee was able to obtain prescriptions for 60 days that would help him with inflammation and sleep. Medications were changed to ones that would be safe in conjunction with a return to driving.

The OHARA case manager coordinated a return to work with his chiropractor, therapist, family practice physician and employer. The case manager requested "short-runs" with mainly daytime driving to help him transition back to work. Five weeks after the accident he was able to return to full-time driving. He has medication to assist him, a therapist that he can call, and an understanding employer. The case manager is able to contact him by cell phone to make further interventions as needed.

In a case like this it takes a feeling for timing, coordination and eliciting cooperation from the client. That with a lot of teaching and reassurance made this disaster into a success story. This case was a huge success because the OHARA case manager treated the employee with respect and the employee himself was brave enough to face his fears.

*For all referrals, contact: (800) 363-4272 ext. 1825 or email: JoanH@oharallc.com*

*Trivia!*

*What is one of the most common injuries within the work place today?*

**Visit our website for the answer and more information on this subject!**  
[www.oharallc.com](http://www.oharallc.com)

### **CUSTOMER COMMENT!**

Some of the girls in the office asked me to pass along their compliments about your nurse case managers... they are professional, friendly and fun to work with. My staff really enjoys them and are very grateful for each of them.

Sharon  
**Progressive Swine Technologies**

# Meet our staff...

## Lisa D., LPN

Telephonic Case Manager

Experience:

Telephonic Case Management since 2006

LPN since 1986

Long term care

Physical medicine and rehabilitation

Special Interests:

Interaction with clients and providers



## Linda L., RN, COHN-S

Telephonic Case Manager

Experience:

Case Management since 1996

Occupational Health since 1996

Special Interests:

Educating employees

Managing complex work comp cases

## Customer Comment!

"We would like to take this opportunity to say thank you to our case manager for all of her hard work and continuous support throughout the past year. It really means a lot to us and always makes our jobs much easier and never goes unnoticed."

John & Marty  
Human Resources  
**Paxton Mitchell**

See our website for a complete listing of bio's and pictures of all the OHARA Staff at [www.oharallc.com](http://www.oharallc.com)

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The OHARA website is designed to be a tool for education regarding OHARA's products, services and staff. Our goal is to provide pertinent information to all parties visiting the site.

Visit our Staff page to see complete bio's and pictures of all the staff. Or venture to the OHARA News page to see past editions of our newsletters and other educational materials.

The OHARA website was also designed to facilitate questions and inquiries regarding our PPO Network and provider coverage. You can search for in network providers or make a nomination for a provider and/or facility not found in the network.

Stop by and check it out, we welcome any feedback and suggestions!

## What's important to you?

If there are items you would like to know more about or further suggestions on topics that would benefit our readers, please email: [carisas@oharallc.com](mailto:carisas@oharallc.com)

# VALENTINES DAY RECIPE

## Strawberry Tunnel Cream Cake

12 oz prepared angel food cake  
3 oz packages cream cheese, softened  
14 oz can Eagle® Brand Sweetened Condensed Milk (NOT EVAPORATED MILK)  
1/3 cup ReaLemon® Lemon Juice from Concentrate  
1 tsp almond extract  
1 cup chopped fresh strawberries, thawed and well drained  
12 oz container frozen non-dairy whipped topping, thawed (5 1/4 cups)  
Additional fresh strawberries, optional

Invert cake onto serving plate. Cut 1-inch slice crosswise from top of cake; set aside. With sharp knife, cut around cake 1 inch from center hole and 1 inch from outer edge, leaving cake walls 1-inch thick. Remove cake from center, leaving 1-inch thick base on bottom of cake. Tear cake removed from center into bite-size pieces; reserve.

In large mixing bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Stir in ReaLemon® brand, almond extract and food coloring if desired. Stir in reserved torn cake pieces and chopped strawberries. Fold in 1 cup whipped topping. Fill cake cavity with strawberry mixture; replace top of cake. Frost with remaining whipped topping. Chill 3 hours or freeze 4 hours. Garnish with strawberries if desired. Return leftovers to refrigerator or freezer.