

Protecting Your Privacy

(NAPSA)—Some people are taking an unhealthy interest in your medical information—but they can be stopped.

The Problem

With data breaches occurring across many industries, even sensitive data pertaining to patient health care records is at risk. A recent University of Phoenix study of 504 registered nurses and administrative staff found that only a quarter of registered nurses have seen changes in the way their companies handle data security and patient privacy over the past year despite increased data breaches across all industries. The survey also found that 20 percent of registered nurses and 19 percent of administrative staff admitted their facilities have experienced a breach of private patient data.

Furthermore, the Identity Theft Resource Center notes that, as of November 2017, there had been nearly 5 million data breaches in the health care industry. These breaches can be detrimental to organizations: According to IBM's 2017 Cost of Data Breach Study, health care is the most costly industry for data breaches, with the average cost per affected record at \$380.

The issue is further compounded by a lack of trained cybersecurity professionals to combat hackers, especially in health care, where professionals make less and are responsible for not only protecting systems, but lives. Without trained experts, the onus falls on RNs and administrators, who may be unaware of how to identify or prevent breaches.

Expert Advice

"Patient safety transcends physical, emotional and electronic bounds and,



Health care facilities these days take several steps to ensure patient privacy—and you can learn how to help.

in our increasingly digital world, it is important for health care professionals to be prepared for the possibility of data breaches," said Doris Savron, executive dean for the College of Health Professions, College of Education and College of Humanities & Sciences at University of Phoenix. "Everyone in the health care industry must work together to establish protocols and implement training to secure and protect all patient data to reduce the risk of being compromised."

Nurses and administrative staff agree, with 23 percent of RNs and 34 percent of administrative staff stating that additional support and training is needed for health care privacy and security.

"Health care organizations are extremely susceptible to human error. If one employee accidentally invites malicious malware into a system, the impact can be catastrophic. To limit the amount of breaches, cybersecurity governance must improve," said Dennis Bonilla, executive dean for the College of Information Systems and Technology at University of Phoenix.

"Without improved training and robust cybersecurity response plans incorporated into information technology strategies, the health care industry will continue to bear the brunt of these attacks."

What's Being Done

Current steps being taken to ensure the protection of patient data include:

- Updated privacy and access policies, according to more than two-thirds of RNs and administrative staff;
- Role-based access, according to 59 percent of RNs and 60 percent of administrative staff; and
- Data surveillance, according to most RNs and administrative staff.

"Understanding what we do well now to protect patient data can help us create an increasingly sophisticated framework to safeguard this sensitive information," added Savron. "University of Phoenix offers degree and certificate programs that help prepare health care professionals to provide the best possible care to their patients while taking steps to protect their personal information." The school helps working adults move efficiently from education to careers in a rapidly changing world.

Learn More

For information about programs offered through the College of Health Professions and College of Information Systems and Technology, visit phoenix.edu. For full survey information and an infographic, visit www.phoenix.edu/about_us/media-center/news/uopx-survey-finds-one-in-five-healthcare-professionals-have-experienced-patient-data-breaches.html.



Bomb Cyclone Preparedness: Four Easy Steps To Help Prevent Water-Pipe Damage

(NAPSA)—The unusually cold temperatures that the country is currently experiencing will cause all kinds of chaos, including frozen water pipes. If the pipes burst as a result of the cold, this can be a major nightmare—but something that can be prevented with the proper precautions.

For climates that rarely see extremely cold temperatures like what we're currently experiencing with the 'bomb cyclone' weather system, water pipes are particularly vulnerable to freezing due to a lack of insulation around the pipes.

Prevent Problems

Here are a few tips from Johns Manville to help prevent frozen water pipes:

1. If you know temperatures are going to be extremely cold, keep thermostats high and open cabinet doors under sinks that are located on outside walls.
2. Leave water dripping on all faucets, for two-handle faucets, have hot AND cold water dripping.
3. Wrap exposed water pipes with insulation.
4. Add insulation to walls to help keep the hidden pipes protected as well.

"Adding insulation to exposed water pipes is one of the easiest DIY

home-improvement projects to do," says Tommy Knappich, VP and General Manager of Building Insulation at Johns Manville. "If you take further preventative measure in the future, adding wall insulation is not a difficult task and will help protect those pipes that are not exposed, and keep your home more comfortable in all types of weather."

How To Tell

How will you know if your pipes have frozen? You'll turn the faucet on and nothing will happen. This is the best-case scenario because it can be easily remedied. What you don't want to happen is for the pipes to burst as a result of being frozen.

If you notice that a pipe has frozen, search exposed pipes for the frozen area:

- Feel the pipes with your hand to find the area of the pipe that is colder than others.
- Look for drips coming from the pipe, or frost build-up on the pipe.
- Use a screwdriver handle or another blunt object, to gently tap the pipe listening for a "solid" sound.

What To Do

Quick action to thaw the pipe will help prevent bursting. Once you've found where the pipe has frozen, here's how to unthaw it:

- Turn the faucet on, also turn on

nearby faucets to a trickle. The water from adjoining faucets may get to the frozen section and help thaw the ice.

- Use a hair dryer and run it back and forth along the pipe. Make sure to keep it moving any uneven or sudden heating can rupture the pipe.

- Add salt to the frozen drain.
- Wrap the pipe in hot towels, replacing them ever 5-10 minutes until the water is running.

- DO NOT add boiling water to the pipe—a sudden temperature change will cause the pipe to burst.

"Adding insulation can be a weekend project that will create peace-of-mind during these extreme weather situations," said Knappich. "Installing the insulation properly can be just as important as adding insulation. For instance, ensuring the insulation is split around pipes so that a portion of the insulation is between the pipe and the wall will keep the pipe from being exposed to more cold."

Learn More

For more information about how to insulate your home for comfort and energy efficiency please consult Johns Manville's helpful how-to videos at www.jm.com/diyvideos.

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