



## QIO Newsletter

### Building Health Literacy Awareness Through Action

For more than 20 years, October has been recognized as Health Literacy Month. Health Literacy Month is a time of international observance when hospitals, health centers, literacy programs, libraries, social service agencies, businesses, professional associations, government agencies, consumer alliances, and many other groups work collaboratively to integrate and expand the mission of health literacy. The [Institute for Healthcare Advancement](#) has created two videos that showcase suggestions for improving personal health literacy and “Aha” moments from individuals when they realized the impact or importance of health literacy.

Interested in learning more about how you can improve health literacy? Contact Tammy Geltmaker at [tgeltmaker@qsource.org](mailto:tgeltmaker@qsource.org) and hear how your organization can implement the National CLAS Standards.

### What is CDC's Recommendation for Getting a Flu Vaccine for the 2022-2023 Flu Season?

For the 2022-2023 flu season, there are three flu vaccines that are preferentially recommended for people 65 years and older. These are [Fluzone High-Dose Quadrivalent](#) vaccine, [Flublok Quadrivalent](#) recombinant flu vaccine and [Fluad Quadrivalent](#) adjuvanted flu vaccine. The Centers for Disease Control and Prevention states that September and October are generally good times to get vaccinated.

[Learn More](#)

### Reminders-Strategies to Raise Vaccination Rates in Adult Patients

An important component of an immunization provider practice is ensuring that the vaccines reach all adults who need them. While attention to appropriate administration of vaccinations is essential, it cannot be assumed that these vaccinations are being given to every eligible person at the recommended age. [This page](#) offers many resources and publications describing the need for increasing adult immunization levels and outlines strategies that providers can adopt to increase coverage in their own practice.



### When it Comes to Quitting Smoking, There are Ways to Make it Easier

Practitioners: Share these quitting tools, tips and personalized quit plan with your patients to help increase their chance of becoming smokefree.

[Get the Tools](#)

### Assessing Cognitive Impairment in Older Patients

Cognitive impairment in older adults has a variety of possible causes, including medication side effects; metabolic and/or endocrine derangements; delirium due to illness (such as a urinary tract or COVID-19 infection); depression; and dementia, with Alzheimer’s dementia being most common. As a primary care practitioner, you and your staff are often the first to address a patient’s complaints – or a family’s concerns – about memory loss or possible dementia. Use [this link](#) to learn more about assessing cognitive impairment in older adults.

### Qsource Launches New Website

Qsource unveiled its new website recently. Visit us online to view the latest webinars, podcasts, and more. [Visit Qsource.org](#)

