

Sickle Cell Today

USA Health Comprehensive Sickle Cell Center

Volume 19 Issue 1

September is National Sickle Cell
Awareness Month

September 2022

TABLE OF CONTENTS

The End of an Era	1-2
Community Youths in Action	2
Pediatric to Adult Care 10th Year	3
Stress Mental Health and Sickle Cell Disease	4-5
Watson Henderson Higher Education Achievement Award Inaugural Class	6-7
The Flu in 2022	7-8
The USA Health Comprehensive Sickle Cell Center Graduates 2022	9
Blood Drive	10
Make a Gift to the University of South Alabama	11

USA Comprehensive
Sickle Cell Center
Main Office (251) 470-5893
Fax (251) 470-5895
Clinical
Research (251) 471-7703
Pediatric Clinic (251) 405-5147
Adult Clinic (251) 470-5890
Community-based
Program (251) 432-0301
Transition Coordinator (251) 471-7714

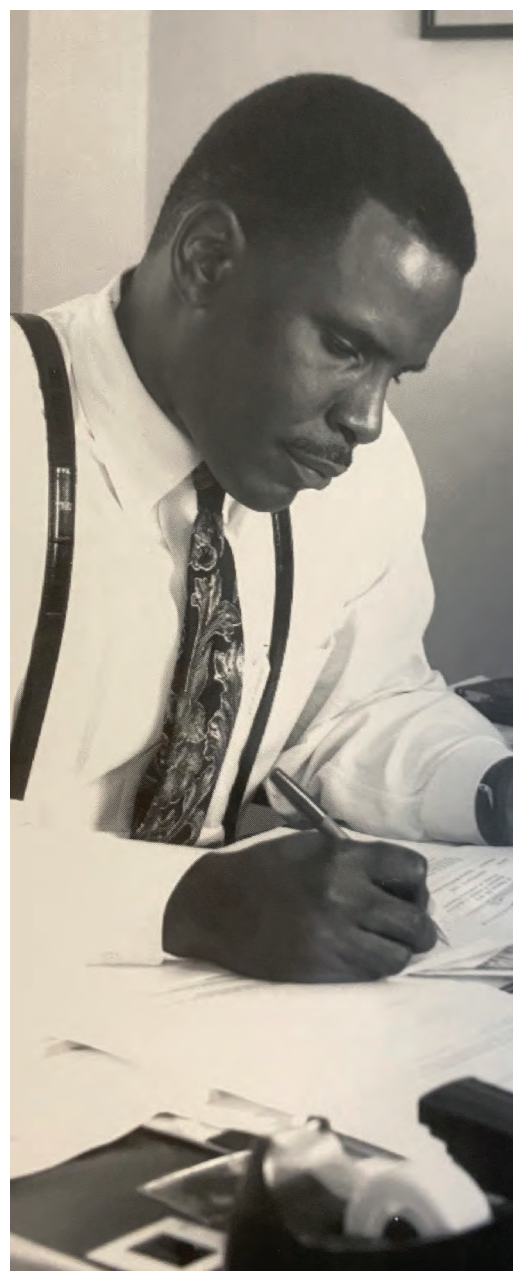


The End of an Era

**Johnson Haynes, Jr., M.D., Professor of Medicine and Director
University of South Alabama Comprehensive Sickle Cell Center**

The University of South Alabama (USA) Comprehensive Sickle Cell Health Care program was founded at the USA Medical Center in 1980. Under the leadership of Dr. Vipul Mankad, the sickle cell program partnered with the Sickle Cell Disease Association of America, Mobile Chapter whose director was Mrs. Rose Peterson, and applied for a NIH grant which would support 10 sickle centers across the US. In 1988 the USA Comprehensive Sickle Cell Center was awarded one of these prestigious grants which was sustained over the next 15 years. Since the Center's inception, there have been only three Center directors, Vipul Mankad, M.D., Steve Goodman Ph.D., and Johnson Haynes, Jr., M.D.

Since August of 2001, Dr. Haynes has led the Center as Director and has cared for most of the adult clients with sickle cell disease in the southern half of Alabama. As of September 1, 2022, Dr. Haynes will be stepping down as director of the Center and will continue seeing adult clients with SCD until January 1, 2023. When asked what most will he miss, he states, "It will be the many patients he has had the privilege to serve and the amazing, dedicated staff of nurses, administrative assistants, and physician colleagues he has worked with."





During Dr. Haynes' tenure, he is most proud of the Center being designated as one of the ten National Institute of Health federally-funded Centers for 15 years, the comprehensive care and professional manner in which the adult and pediatric sickle cell clinics are conducted, the establishment of the Pediatric to Adult Care Transition program from 2012 to current, the establishment of the Cecil L. Parker Sickle Cell lectureship Endowment in March 2009, the enrollment of patients in 8 pharmaceutical sponsored clinical trials, the semi-annual Sickle Cell Today newsletter, 18 regional conferences sponsored on Practical Issues in Sickle Cell Disease, and being issued one patent. No. 7,026,344, April 11, 2006.

The Center's future remains bright. Many thanks to all my sickle cell family and friends. It has been my pleasure to serve.

Community Youths in Action

Mattie T. Blount High School Academy of Allied Health Clinical Services

The Mattie T. Blount High School Academy of Allied Health Clinical Services under the leadership of Ms. Michelle Spriggs and Valeria McGrew visited the University of South Alabama Comprehensive Sickle Cell Center (USA-CSSC) and presented a donation in the amount of \$500.00 to the Watson Henderson Higher Achievement Award. This award provides funding to graduating seniors with sickle cell disease

in the community who seek to further their education beyond high school. The Academy of Allied Health is a specialized program designed to prepare students for jobs in the medical field such as, Nursing, Pre-Med, Sports Medicine, Emergency Medical Responders, and Clinical Nursing Assistants. The USA-CSSC and sickle cell community would like to thank the students and instructors of this program for their support.



Pediatric to Adult Care Transition Program: Celebrating 10 years

T'Shemika Perryman, RN-PACT Coordinator

The Pediatric to Adult Care Transition program (PACT) was started in 2012 to bridge the gap between the pediatric and adult healthcare systems for sickle cell participants between the ages of 13 -19. The goal of PACT is not only to educate them about their disease but also to help facilitate a smooth transfer of care between the healthcare systems. Currently, the PACT program has the advantage of having a nurse practitioner and registered nurse that work closely with these participants within both healthcare systems. This serves as an advantage because the participants are very familiar with 2 members of the adult healthcare team and are more likely to transfer without incident.

As we celebrate our 10-year anniversary, we are proud to have had 94 participants take part in this program. Seventy-seven participants have successfully transferred from the Pediatric to Adult healthcare system thus far. Seventeen participants were lost to follow-up within our healthcare system. A small portion of our PACT participants that were lost to follow up were from out of state and chose to establish adult care within their home state. This gives the program an 82% successful transfer rate. In the upcoming years, we hope to continue to bridge the gap and make the process of transferring from pediatric to adult healthcare a smooth transition.



Stress, Mental Health, and Sickle Cell Disease

Ardie Pack-Mabien, Ph.D., FNP-BC and Katey Hayes, Doctoral Student,
University of South Alabama Psychology Department

Experiences of stress can be wide ranging. In SCD, stress can be a precipitating factor for an acute vaso-occlusive pain crisis (Shah, 2020) as can acute vaso-occlusive pain crisis cause stress. The Foundation of Mental Health defines stress as a physical, emotional, or mental response of being overwhelmed or unable to cope with mental and/or emotional pressure. Long term stress can increase the risk of mental health problems such as anxiety and depression, substance use or abuse, difficulty sleeping, pain, and bodily complaints such as muscle tension or stress headaches (Mental Health Foundation, 2022). Individuals may experience stress as a result of the death of a family member and/or friend, divorce or separation, unemployment, financial issues, moving to a new house or place of employment. Stress can even result from relatively positive life changing events such as marriage, birth of a child, the holiday season, or a new job (Mental Health Foundation, 2022). In addition to life events, political, social, and environmental issues can cause stress (National Institute of Mental Health). For example, the last two and half years of living in the midst of the COVID-19 pandemic has generated and compounded life stressors. The COVID-19 pandemic has caused major disruption in school and extra-curricular activities such as sports, social events, and leisure time as well as an increase in social media presence. For those with SCD, this means living and coping with their disease in addition to those stressors presented during the global pandemic.

It is no secret that stress impacts most aspects of our lives with emotional, physiological, and behavioral warning signs. Emotional feelings commonly experienced when stressed are fearfulness, anger, sadness, irritability, and frustration. Physiologically, stress can manifest as headaches, nausea, indigestion, loss of appetite, diarrhea, hyperventilation, sweating, heart palpitations, and generalized aches and pains. Behaviorally, the outward expression of feeling stressed internally may cause individuals to withdraw from others, become indecisive, rigid, tearful, and have problems sleeping. Additionally, stress may decrease libido or trigger the use of alcoholic beverages or illicit drugs.

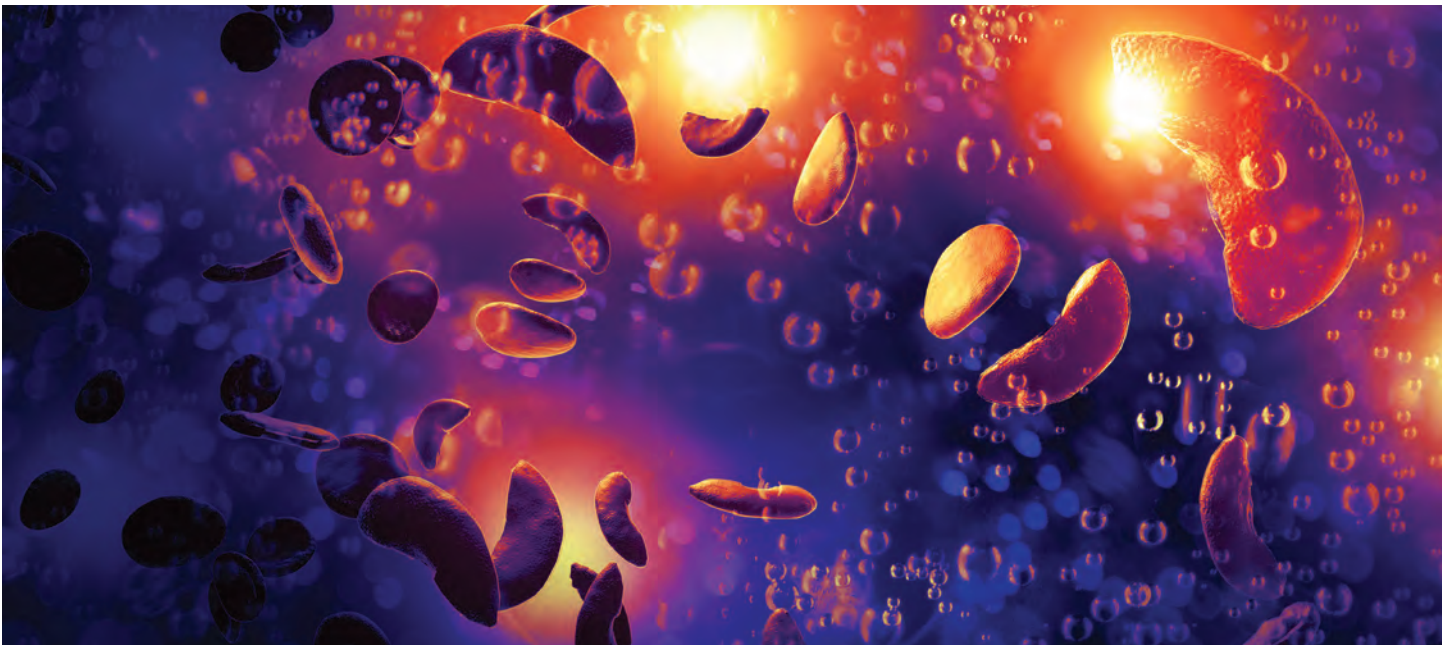
Just as stress can build slowly over time, you must take the time to prevent stress from taking over your



emotional, physical, mental, and behavioral well-being. If you're feeling stressed, there are some things you can try to feel less tense and overwhelmed.

1. Recognize when stress becomes problematic, don't ignore the physical, behavioral, and emotional warning signs.
 - a. Think about what's causing your stress.
 - b. Take control by taking small steps towards the things you can improve.
 - c. Make specific and achievable goals.
 - d. Be assertive.
 - e. Ask for help if you find yourself multitasking.
2. Build supportive relationships.
 - a. Reach out to close friends or family member(s) who you trust and can offer help, practical advice, or support you in managing stress in a positive way.

- b. Join a club or take a course to expand your social network and encourage you to do something different.
3. Eat a healthy diet and stay hydrated.
4. Be aware of your smoking and drinking habits.
 - a. Alcohol and caffeine can increase feelings of anxiety.
5. Get some exercise.
 - a. Physical exercise can help reduce the effects of stress by producing endorphins that boost your mood. For example, you could aim to walk for 15-20 minutes three times a week.
6. Take time out to relax and practice self-care.
 - a. Listen to your favorite song or light your favorite candle.
7. Be mindful.
 - a. Bring awareness into everyday tasks.
 - i. Notice the sounds, smells, and physical details around you.
 - b. Download an app that provides relaxation exercises (such as deep breathing or visualization) or tips for practicing mindfulness meditation, which is a psychological process of actively paying attention to the present moment.
8. Get some restful sleep.
 - a. Reduce the amount of caffeine you consume and avoid too much screen time before bed.
 - b. Avoid daytime naps.
9. Be kind to yourself.
 - a. Look for things in your life that are positive and write down things in a journal that make you feel grateful.
10. Seek professional help from your primary care provider or counselor.
 - a. Tips for talking to your health care provider can be found at the National Institute Mental Health at <https://www.nimh.nih.gov/health/publications/so-stressed-out-fact-sheet>.



References

Mental Health Foundation 2020 retrieved from <https://www.mentalhealth.org.uk/a-to-z/s/stress>

National Institute of Mental Health. <https://www.nimh.nih.gov/health/publications/so-stressed-out-fact-sheet>

Shah, P., Khaleel, M., Thuptimjang, W., Sunwoo, J., Veluswamy, S., Chalacheva, P., Kato, R.M., Detterich, J., Wood, J.C., Zeltzer, L., Sposto, R., Kho, M., & Coates, T.D. (2020). Mental stress causes vasoconstriction in subjects with sickle cell disease and in normal controls. *Hematologica*, 105(1): 83-90. <https://doi.org/10.3324/haematol.2018.211391>

Thomas LS, Stephenson N, Swanson M, Jesse DE, Brown S. (2013). A pilot study: The effect of healing touch on anxiety, stress, pain, pain medication usage, and physiological measures in hospitalized sickle cell disease adults experiencing a vaso-occlusive pain episode. *J Holist Nursing*, 31(4):234-247.

The Watson Henderson Higher Education Achievement Award Recipient(s) and Inaugural Class of 2022

Ardie Pack-Mabien, Ph.D., FNP-BC



The inaugural class of the Watson Henderson Higher Education Achievement Award recipients include Roberta Elise Richardson (Blount High School), Cierra Lashawn Richardson (Rain High School), and Kierra LaDawn Richardson (Rain High School). Each recipient received an award in the amount of \$500.00. This award is sponsored by Sylvester Mabien and Ardie Pack-Mabien, Ph.D. in honor of Dr. Pack-Mabien's grandparents, Mattie Watson and Henry Henderson. The awards were presented on Thursday, May 12, 2022 at the University of South Alabama Comprehensive Sickle Cell Center (USA-CSCC) Learning Resource and Development Center. In addition to the monetary awards, recipients received non-monetary gifts from Dr. Pack-Mabien on behalf of the Watson Henderson family. The awards program was filled with laughter, joy, and a sense of pride by the Watson Henderson Higher Education Achievement recipients, organizers, attendees, families, and guests. Recipients received words of wisdom, well wishes, and congratulations from the USA-CSCC faculty and staff, and Director of the Sickle Cell Disease Association of America, Mobile Chapter.

Program organizers were very pleased with this inaugural class and are looking forward to the Class of 2023.

To qualify for the Watson Henderson Higher Education Achievement Award, future applicants must meet the following criteria at least one year prior to their transfer to adult care:

1. Be a graduating high school senior with sickle cell disease who has actively participated in the USA-CSCC Pediatric to Adult Care Transition Program.
2. Attend at least one educational session on sickle cell disease and the transition process with the transition nurse educator and/or coordinator at the USA-CSCC Learning Resource and Development Center.
3. Attend at least two:
 - a. USA-CSCC adult care open house events.
 - i. independent of a parent on at least one occasion
 - ii. accompanied by a family caregiver on at least one occasion

- iii. Money Matter Sessions offered at the USA Learning Resource and Development Center.
 - iv. Human Growth and Development Session at the USA Learning Resource and Development Center.
4. Participate in at least two self-care and self-management activities at the USA-CSCC Learning Resource and Development Center.
 5. Complete the Hope and Destiny Jr. Transition Workbook and obtain documentation confirming their attendance of programs sponsored by the PACT program.
 6. Provide written documentation of acceptance and enrollment in a career development program, vocational/trade school, community college, or a four-year university.
 7. Present themselves in a professional manner and attend the ceremony in order to receive the award.
 8. Consent to photography and/or video to be used on social media by the University of South Alabama, USA Health, and the Comprehensive Sickle Cell Center.
 9. Complete and submit the application.

Applicants may also attend programs sponsored by the Sickle Cell Disease Association of America, Mobile Chapter in collaboration with the University of South

Alabama Sickle Cell Center-Transition Nurse Educator/Coordinator.

For those young adults who are a freshman or sophomore in high school, the time is now to start working on meeting the eligibility criteria to receive this award.

If you are a junior in high school and will be graduating in May 2023 but have not met the criteria for the Watson Henderson Higher Education Achievement Award, you still have time. However, May 2023 will be here before you know it. Don't let this great opportunity to earn dollars in support of your higher education slip through your hands.

To get assistance with meeting the criteria for the Watson Henderson Higher Education Achievement Award of \$500.00, the applicant should contact Ms. T'Shemika Perryman, RN, at (251) 470-5875 to schedule an in-person appointment at the USA-CSCC Learning Resource and Development Center located at 2451 University Hospital Drive, Moore Clinical Science Building Suite 1530 Mobile, Alabama 36617 or zoom visit to establish your plan of action.

Remember, a higher education can yield knowledge, success, and power!

The Flu in 2022

Jessica King, FNP-BC

Well folks, it is about that time for the dreaded flu season to begin making annual rounds. The flu is a highly contagious respiratory illness caused by viruses that can affect millions of people often leading to missed days from work and school every year. The flu can also cause individuals infected to develop serious health complications that can be life-threatening and result in death. Since the flu can cause serious and even fatal illnesses, it is of great importance to obtain the annual flu vaccine as a preventative measure. This is especially true for individuals that are at increased risk for flu complications such as pregnant women, children younger than 5 years, people ages 65 years and older, and individuals living with chronic medical illnesses such as asthma, diabetes, heart disease, and sickle cell disease.

In the United States, the flu season typically kicks off in the month of October, peaks between December and February, and levels off around April and May. Therefore, scientists and researchers monitor and review the data



collected the previous year, to best match the flu vaccination to the most common flu viruses that are most likely to circulate annually. The 2022–23 annual influenza vaccines will provide coverage for Influenza A (H1N1 and H3N2) and Influenza B (B/Victoria and B/Yamagata).

The CDC recommends that all individuals ages 6 months and older, unless contraindicated, should obtain their annual flu vaccine as a measure of prevention. Since it takes two weeks for antibodies from a vaccine to develop, recommendations are that individuals obtain their annual flu vaccine in September prior to the onset of the season. If you are unable to obtain the flu vaccine between September and October it is still recommended to obtain the vaccine throughout the season that continues until May.

In efforts to assist you and your families with maintaining optimal health and wellness this season, the CDC recommends the following strategies:

1. Proper hand washing with soap and water for 20 seconds
2. If handwashing is not an option, applying hand sanitizer to hands and rub for at least 30 seconds.
3. Routinely cleaning commonly touched surfaces such as door handles, cell phones, light switches, toys, remote controls, etc. with disinfectants
4. Avoid touching your face with your hands
5. Avoid sharing food or drinks, shaking hands, and close contact with others such as kissing or hugging.
6. Turn your head and cough or sneeze into a napkin or the sleeve of your elbow.
7. Stay home if you are sick.
8. Contact your health care provider for flu like symptoms such as fever, cough, chest pain, shortness of breath, headache, body aches, vomiting, diarrhea.
9. Contact your health care provider to schedule your annual flu vaccine, find out about testing, and recommended treatments.

For additional information regarding the flu virus, spread, prevention, and vaccination go to the Centers for Disease Control and Prevention website at <https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>

References

- National Center for Immunization and Respiratory Diseases. (2022, July 21). *COVID-19 Vaccines for Children and Teens*. Retrieved from Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/children-teens.html#print>
- National Centers for Immunization and Respiratory Diseases. (2021, September 21). *Flu Symptoms and Complications*. Retrieved from Centers for Disease Control and Prevention: <https://www.cdc.gov/flu/symptoms/symptoms.htm>
- National Library of Medicine. (2022, May 26). *Flu*. Retrieved from MedlinePlus: <http://www.medlineplus.gov/flu.html#>



The USA Health Comprehensive Sickle Cell Center is Proud to Announce its 2021 and 2022 Graduates

Congratulations to our 2022 high school graduates:

Roberta Richardson, Blount High School

Kierra Richardson, Ben C. Rain High School

Cierra Richardson, Ben C. Rain High School

Tyler Mason, Saraland High School

Roberta Richardson plans to attend Miles College majoring in music.

Kierra and **Cierra Richardson** both plan to attend the University of South Alabama majoring in Radiologic Sciences.

Tyler Mason plans to attend Alabama A & M University majoring in Electrical Engineering.

Congratulations to our 2021 college graduate **Carlisha Johnson** who received her Associate in Applied Science-Nursing degree from Bishop State Community College.



Dr. Ardie Pack-Mabien, Roberta Richardson



2021 Graduate Carlisha Johnson



**American
Red Cross**

Share your strength.

SICKLE CELL FIGHTERS

Patients fighting sickle cell disease may require regular blood transfusions to avoid health crises. You can make all the difference. Donate blood.



Blood Drive **Alpha Phi Alpha Fraternity, Incorporated** **Franklin Primary Health Center Inc.**

Lobby and Mall waiting area
1303 Martin Luther King Jr. Ave
Mobile, AL 36603

Saturday, September 10, 2022
8:45 a.m. to 2:00 p.m.

Alpha Phi Alpha
University of South Alabama Sickle Cell Center



Scan to be directed to
RapidPass®



Come to give Sept. 1-18 and we'll say thanks with a limited-edition Red Cross T-shirt, while supplies last! Good things happen when you give. In fact, every time you give, you may help save more than one life. Spread the word!



Scan to schedule
an appointment.

Download the Blood Donor App | RedCrossBlood.org | 1-800-RED CROSS | 1-800-733-2767



Make a gift to the University of South Alabama Comprehensive Sickle Cell Center

I am a: (Please check all that apply) Friend Parent Grandparent USA Employee USA Alumni

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

Preferred Phone: (_____) Email: _____

I wish to make a gift to the University of South Alabama as follows:

Gift Purpose: (check all that apply)

- I designate my gift to: Dr. Cecil L. Parker, Jr. Sickle Cell Disease Distinguished Lectureship Endowment
- This gift is in Honor/Memory (circle one) of: Please notify: _____
- Please credit this gift to: Me only My spouse & me. My spouse's FULL name: _____

Please list my/our name as follows: _____

Gift or Pledge Amount:

- I am making a one time gift of: \$ _____
- I pledge \$ _____ per month to be deducted from my Credit Card or Checking Account.

Please continue monthly deductions as follows:

- Until I provide notification to Stop OR Until _____ (month/year)

Gift Fulfillment:

- My check is enclosed (please make checks payable to USA - Parker Endowment Fund).
- Electronic Funds Transfer: (please send VOIDED CHECK with this form).
- Please charge my Credit Card:(check one) Visa MasterCard Discover AmEx

Card Number _____ Exp. Date _____ Name on Card _____

Matching Gift Information:

- I work for _____(company name) that has a corporate matching gift program and will match this gift. (Obtain appropriate forms from your HR department and mail to the USA Office of Health Sciences Development).

Signature: _____ Date: _____

To contact the USA Office of Health Sciences Development, call (251) 460-7032.

This form and gift payments should be returned to: University of South Alabama - Office of Health Sciences Development
300 Alumni Circle, Mobile, AL 36688-0002
rbanks@southalabama.edu



University of South Alabama
 Comprehensive Sickle Cell Center
 2451 USA Medical Center Drive, MCSB 1530
 Mobile, AL 36617-2293

Non-Profit
 U.S. Postage
 PAID
 Mobile, AL
 Permit No. 506

T-<<TRAYNUMBER>> B-<<BUNDLENUMBER>> S-<<SORTPOSITION>>
 <<FIRSTNAME>> <<LASTNAME>> <<NAMESUFFIX>>
 <<BUSINESS>>
 <<DEPARTMENT>>
 <<ADDRESSLINE1>>
 <<ADDRESSLINE2>>
 <<CITY>>, <<STATE>> <<ZIPCODE>>

| |



"Break The Sickle Cycle"

USA

