

# Sinus Rinse Education for Coal Miners in Douglas, WY



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## Hypothesis

- Providing coal mine workers with information about nasal rinses, with adoption of this behavior, may contribute to decreased symptomatic sinusitis associated with their working conditions.



Douglas WY: Home of the Jackalope

## Background

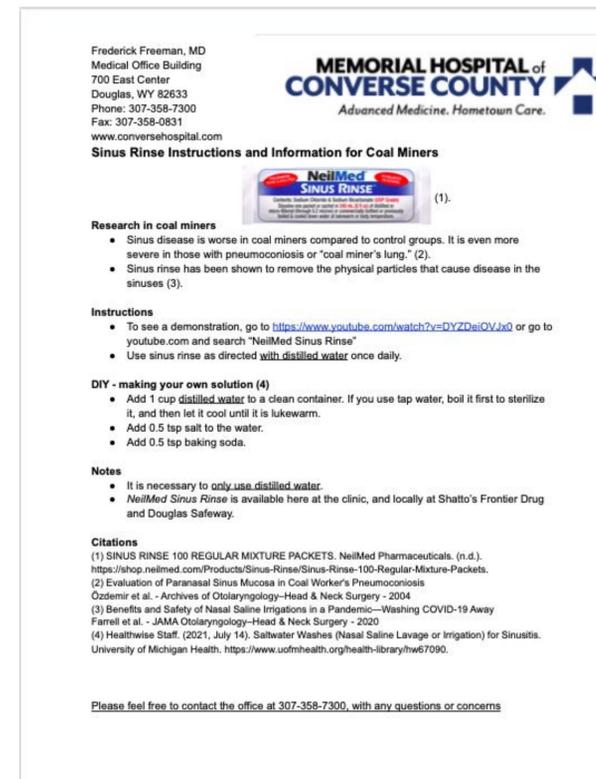
- Coal mine workers make up a disproportionately large proportion of Douglas, WY.
- This population is at higher risk for sinus disease; especially when they have pneumoconiosis.
- The town size is 6,364.

## Literature Review

- No studies look directly at this intervention.
- Studies examined included the following:
  - sinus disease in coal workers
  - benefits of nasal rinse for removing physical debris
  - the successful use of a health action model to change attitudes and behaviors in this population
- The studies were generalizable to our population, however limitations do exist due to the lack of empirical evidence.
- The support of the local clinic and pharmacy may remove the barrier for otherwise seeking this information.

## Deliverables to Community

- The project has partnered with the local ENT clinic and pharmacy to distribute materials.
- The health education material is a one page document describing the literature around the problem, how to administer the rinse, how to make your own rinse and common issues.



## Next Steps

- Details of Distribution Plan:

