



FRONTIER FOOTNOTES

Idaho Area Health Education Center
A Program of Mountain States Group, Inc.

"Promoting Careers in Health Care in Underserved Idaho Communities"

January 2013

Workforce Development Spotlight:

What is "Public Health"?

"Public health is concerned with protecting the health of entire populations. These populations can be as small as a local neighborhood, or as big as an entire country or region of the world. Public health professionals try to prevent problems from happening or recurring through implementing educational programs, recommending policies, administering services and conducting research – in contrast to clinical professionals like doctors and nurses, who focus primarily on treating individuals after they become sick or injured. Public health also works to limit health disparities". (CDC Foundation.)

<http://www.cdcfoundation.org/content/what-public-health>

There are 10 Essential Services in Public Health:

1. **Monitor** health status to identify community health problems.
2. **Diagnose and investigate** health problems and health hazards in the community.
3. **Inform, educate**, and empower people about health issues.
4. **Mobilize** community partnerships and action to identify and solve health problems.
5. **Develop policies and plans** that support individual and community health efforts.
6. **Enforce** laws and regulations that protect health and ensure safety.
7. **Link** people to needed personal health services and assure the provision of health care when otherwise unavailable.
8. **Assure** a competent public health and personal health care workforce.
9. **Evaluate** effectiveness, accessibility, and quality of personal and population-based health services.
10. **Research** for new insights and innovative solutions to health problems.

To learn more about careers in Public Health go to <http://www.whatispublichealth.org/careers/index.html>

Source: APHA web site. <http://www.apha.org/programs/standards/performancestandardsprogram/resexentialservices.htm>

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Idaho AHEC thanks you for your interest!



Idaho Partnership for Hispanic Health Celebrates Successes

Compañeros en Salud or Partners in Health is an intervention to reduce the risks for metabolic syndrome that has been tested in Weiser and Mountain Home over the past 5 years. The documented outcomes have resulted in a 20% reduction of risks from the beginning of the program to the completion (~12 weeks) and a 27% reduction 12 months later. IPHH will be hosting celebrations in both Weiser and Mountain Home, Idaho in February to showcase the successes of the program and testimonials from actual participants.

These celebrations are scheduled on Friday, February 8th, starting at 5:30 pm at the American Legion Post 26 in Mountain Home and on Saturday, February 16th, starting at 4:00 pm at the Vendome in Weiser. Invitations will be sent out by January 15th but if anyone would like to attend please contact Linda Powell at 336-5533 extension 235.

For more details about the partnership, visit www.IDPHH.org or contact Linda Powell, Principal Investigator at lindapowell@mtnstatesgroup.org or (800) 836-8064 ext. 235.

Supported by Award Number R24MD001711 from the National Center on Minority Health and Health Disparities (NCMHHD). The content is solely the responsibility of the authors and does not necessarily represent the official views of the NCMHHD. Public health is the science of protecting and improving the health of families and communities through promotion of healthy lifestyles, research for disease and injury prevention and detection and control of infectious diseases.

2nd Annual Family Caregiver Conference Saturday, January 26, 2013 8 am to 2 pm Boise State University, Student Union

Across Idaho there are at least 210,000 people who are cared for at home by a family member. Family members coordinate health care; provide medical and supportive care at home and frequently assume responsibilities they are ill-prepared for. Families who care for a loved one often do so while trying to juggle jobs, children and other life responsibilities. This juggling creates tremendous stress for the caregiver, leading to their own health problems, workplace issues, and family conflict.



The 2nd Annual Family Caregiver Conference provides information, resources, and support to help family caregivers provide good care without jeopardizing their own health and well-being in the process. The Conference is a one-day educational event that connects family caregivers with caregiving experts, community resources, and mutual support. In partnership with Boise State University and Norco, Friends in Action (a program of Mountain States Group), is hosting the 2nd Annual Family Caregiver Conference on Saturday, January 26, 2013 from 8 am – 2pm at the Boise State University Student Union.

Registration is required, and the cost is only \$15, which includes the Conference, Resource Expo, Keynote presentation by Dr. Hartzell Cobbs, Lunch and parking. An amazing deal for an amazing day. Please encourage family caregivers you serve to register at www.fiaboise.org.

Print or PDF—which is best for you?

With each new issue more people are choosing to receive Frontier Footnotes electronically. Having access to the hotlinks in articles and the ability to easily share this resource with others are among the reasons some give for shifting to the online version of the AHEC newsletter. Others say it's part of their general efforts to reduce reliance on paper. Whether you want to receive your free subscription in the mail, to get it online, or have both is entirely up to you. We are committed to keeping you up to date with information about events, people and policy impacting healthcare throughout Idaho. If you would like to change how you receive this newsletter, please contact Lynda Bennett at lbennett@mtnstatesgroup.org

The Affordable Care Act – What Does it Mean for Idaho?

by Lynda Bennett, Idaho AHEC Project Center Director



Idaho was one of 26 states that challenged the constitutionality of the Affordable Care Act (ACA). One of several areas of concern was the mandate for Medicaid expansion which would extend coverage of Medicaid benefits to those aged 19 to 65 with incomes up to 138% of the Federal Poverty Line. The Supreme Court's ruling on the ACA determined the law was constitutional, but put limits on the ability to require states to expand Medicaid. (Henry J. Kaiser Family Foundation. 2012.) This has allowed individual states to choose whether to support or opt out of the law's Medicaid expansion. As of December 2012, fourteen states have made a commitment to participate in Medicaid expansion, four are leaning toward participating, nine have said they definitely will not participate and five are leaning toward not participating. That leaves eighteen states which remain undecided. Idaho is among this last group. (The Advisory Board. 2012) However, even with this issue undecided, the Affordable Care Act is already making differences for Idaho. These include the following:

- ◆ **Providing new health care coverage options for young adults**
Health plans are now required to allow parents to keep their children on their family coverage through age 25 if their children have no job-based coverage, regardless of whether they are in school or whether they are married or single.
- ◆ **Covering preventive services with no deductible or co-pay**
Services like annual exams, mammograms, colonoscopies and other key health screenings are now available at no cost to individuals. This will make it more affordable for people to take action to stay healthy and to provide early detection of health risks to prevent serious illness.
- ◆ **Increasing support for community health centers**
In Idaho, 11 health centers operate 71 sites, providing preventive and primary health care services. Increased federal funding will allow these centers to expand services, create new sites and / or improve their facilities (Healthcare.gov. 2012.).

These are just some of the changes that are taking place as a result of the Affordable Care Act.

Another significant part of the ACA is the creation of Healthcare Exchanges. These exchanges are intended to provide a web-based portal to help individuals and small businesses easily compare information about health plans, get answers to questions, find out if they are eligible for tax credits and to enroll in coverage that meets their needs. States are required to have a Healthcare Exchange up and running by October 2014, but they have different options for how these will be created and run. These exchanges may be federally created, state created, or be implemented as a federal / state collaboration. Idaho has been actively exploring options for the best means of meeting this requirement of the law. Healthcare professionals, insurance industry representatives, consumers, advocacy organizations and other key stakeholders throughout Idaho have been working together to explore the different options for our state to develop a Healthcare Exchange. Governor Butch Otter announced on Dec 11 that Idaho would create their own state based Healthcare Exchange, subject to legislative approval. (Otter. 2012.)

In each issue of Frontier Footnotes throughout this year AHEC will provide information about implementation of the Affordable Care Act to help Idaho residents better understand what this law means for them.

Resources:

Advisory Board. (2012). "Where Each State Stands on ACA's Medicaid Expansion". Dec 12, 2012. Retrieved from <http://www.advisory.com/Daily-Briefing/2012/11/09/MedicaidMap>

Healthcare.gov. (2012). "How the Health Care Law is Making a Difference for the People of Idaho." Last Updated Oct 25/2012. Retrieved Dec 12/2012 from <http://www.healthcare.gov/law/resources/id.html>

Henry J. Kaiser Family Foundation. 2012. "A Guide to the Supreme Court's Affordable Care Act Decision". Retrieved Dec 12, 2012 from <http://www.kff.org/healthreform/upload/8332.pdf>

Otter, C. L. "Butch". (2012). News Release. Governor Opts for State Based Exchange. Retrieved Dec 12, 2012 from http://gov.idaho.gov/mediacenter/press/pr2012/12Dec/pr_64.html

Idaho Suicide Prevention Hotline Seeks Volunteers

The Idaho Suicide Prevention Hotline (ISPH) began operation in November of 2012. Idaho currently has the 6th highest suicide rate in the country, and also has a severe lack of resources to assist those in crisis, especially in rural areas. Thus, the hotline is an important resource for our state. Volunteers are now being recruited to work at the call center in Boise. ISPH volunteers work one 4.5 hour shift per week, with a 1 year commitment.

Initially, the hotline began taking calls Monday-Thursday from 9am-5pm. In mid-February Fridays will be added to the schedule as more volunteers are trained. When ISPH is closed calls will be routed to the national network of Lifeline volunteers and be answered from neighboring states.

Volunteers must be 21 years of age or older and must complete a background check (the inability to pass a background check does not mean automatic disqualification, applications will be discussed on a case by case basis). Current volunteers include students, retired individuals, homemakers, and working professionals. If you are interested in volunteering, please contact ISPH volunteer coordinator Sydney Young at syoung@mtnstatesgroup.org or 208-258-6992.

Training of volunteers is based on the Applied Suicide Intervention Skills Training (ASIST) course. It is a research based two-day course that includes role plays, small group discussion and video presentations. For more information about ASIST, see www.livingworks.com. The training dates for January are listed below.

Friday, January 18th and Saturday, January 19th from 8am-4:30pm

2 day Applied Suicide Intervention Skills Training (ASIST)

Saturday, January 26th from 9am-4pm

1 day training and presentations on Special Topics

Wednesday, January 23rd or Wednesday, January 30th 6pm-9pm (choose 1 to attend)

½ day training on general policies and procedures and the iCarol software system

The Hotline will provide callers:

- Emotional Support
- Assessment of suicide risk
- Crisis intervention to those in imminent danger
- Linkages to local services
- Follow-up for persons with potential suicide risk factors

We encourage everyone to put the suicide prevention hotline number in their cell phones so that it will be readily available any time you may encounter a situation where either you or someone you know is at risk for self-harm. The Hotline number is **1-800-273-TALK (1-800-273-8255)**.

To donate to the Idaho Suicide Prevention Hotline or to get more information contact Director John Ruesser at jruesser@mtnstatesgroup.org or 208-336-5533 Ext-264 .
<http://www.mtnstatesgroup.org/programs/idaho-suicide-prevention-hotline/>

BSU Nursing Program Preparing Students to Work in Rural Communities

Boise State University (BSU) [School of Nursing](#) will again offer a summer rural training course this year. In 2012 six students were placed in three rural communities throughout Idaho (2 each at Weiser, Grangeville and Wood River) for clinical training for one month. Students were home hosted and worked in the hospitals and in the communities. Students did “man on the street” interviews to understand health resources in a rural community. Students reported this as being a life changing experience and two of the 6 are headed for work in rural areas. Thank you to AHEC for the support for this program.

ISU expands Physician Assistant Studies Program to College of Idaho

Idaho State University and The College of Idaho will address the growing need for primary health providers in Idaho and the nation by educating more physician assistants beginning in fall 2014.

Leaders from both institutions have signed an agreement to expand ISU's two-year Master of Physician Assistant Studies Program to a third campus at C of I in Caldwell. Students will be linked via distance learning technology to ISU classrooms in Pocatello and Meridian.

(Photo: C of I President Marv Henberg, (left) and ISU President Arthur Vailas at August 2012 news conference announcing physician assistant studies partnership.)



"We are delighted to expand our Master of Physician Assistant Studies Program to The College of Idaho campus," said Idaho State University President Arthur C. Vailas. "This collaboration will enable ISU and C of I to meet the increasing demand for physician assistants in Idaho and improve access to quality health care for citizens living in our underserved communities."

Physician assistants or PAs are highly skilled health practitioners who work under physician supervision to provide patient care services. It's one of the fastest growing occupations in the nation, with the Idaho Department of Labor estimating that the number of PA positions in the state will increase more than 40 percent between 2008 and 2018.

"The College of Idaho has a strong track record of educating students who go on to successful careers in medicine. Partnering with Idaho State University is a natural fit that takes advantage of both institutions' strengths and resources," said Marv Henberg, C of I president.

A projected shortage of physicians, aging population and implementation of the Affordable Care Act of 2010 are also expected to drive the demand for physician assistants. For more information about the joint PA program visit www.collegeofidaho.edu/physician-assistant.



Idaho SEARCH Program Thanks Preceptors and Community Mentors

The Idaho SEARCH Program, which was managed by the Idaho Primary Care Association via a three-year contract with HRSA, officially ended on September 30, 2012. Through Idaho SEARCH, 75 health profession students and residents completed 4-6 week rotations in rural and underserved communities. Each participant was assigned to a preceptor and a community mentor.

Student and resident evaluation responses clearly indicated that Idaho SEARCH preceptors provided quality instruction. In addition, Idaho SEARCH Community Mentors played a critical role in ensuring a successful rotation experience for the participants. Their role was to assist participants with community integration and with development of a meaningful community project. Community Mentors came from all kinds of backgrounds. Some were clinic administrators or staff, some were clinic board members or patients, and others were community leaders who support the clinic.

IPCA would like to thank everyone who dedicated their time, experience, and skills to training future health care providers while caring for Idahoans who might not otherwise have received care. See the AHEC website news page (<http://www.idahoahec.org/>) for a full list of individuals who participated.

A resounding success: Idaho CAH-RHC-Free Medical Clinic Annual Conference “Navigating Uncertainty”

On Thursday, November 8, 2012, the State Office of Rural Health and Primary Care sponsored “Navigating Uncertainty,” the annual conference for Critical Access Hospitals (CAH), Rural Health Clinics (RHC), and Free Medical Clinics. There were 148 participants-the highest attendance in the history of the event! There was a variety of information presented in a Lean track, a community health needs assessment track, a rural health clinic track with information on billing and coding, compliance, change management, and Free Medical Clinic track with information on board development, Federal Tort Claims Act, patient registry and marketing strategies. Participants were inspired with a message of Community is the C.U.R.E. from the opening and closing plenary speeches by Karen McNenny. The office thanks the many attendees and presenters for their support of this successful event.

Are you eligible for National Health Service Corps support?

The National Health Service Corps (NHSC) can help you recruit and retain qualified health care providers who care about patients living in communities with limited access to care and choose to work where they are needed most. You can easily check whether you meet the eligibility criteria to become an approved site. With an approval, your qualified clinicians may then be eligible to apply for federal loan repayment support through this program. Follow this link to learn more information: <http://nhsc.hrsa.gov/sites/becomenhscapprovedsite/index.html>



Important program updates

1. Approved sites will only be allowed to post vacancies on the NHSC Job Board if they complete a profile. This is simply to help you be successful in your recruitment efforts.
2. New sites applying for approval will be able to submit an application on-line between July 1, 2013 and October 31, 2013.
3. Applications from clinicians for loan repayment will be accepted on-line between January and March, 2013-please go to the web-site for more information: nhsc.hrsa.gov/

Let 3RNET Help with your Clinician Recruitment Efforts!



The State Office of Rural Health and Primary Care is pleased to offer support to Idaho communities in their clinician recruitment efforts by subscribing to the 3RNet (the National Rural Recruitment and Retention Network). You can set up a free on-line account by going to www.3RNET.org, registering as an employer, and posting your opportunity. There is room for you to upload photos of your community, hospital, clinic, or health center. We encourage you to enter as much detail as possible about your opportunity-the more information a candidate has, the more appealing the opportunity becomes. It can only be accessed by candidates who register, and candidate information is shared with communities who post for that candidate's discipline. If you have any questions about how to get started, please contact ruralhealth@dhw.idaho.gov or (208) 334-0669.

Rural Healthcare Exchange Program “Peer-to-Peer Mentoring in Rural Idaho”

This program provides opportunities for health organizations serving rural and underserved areas of Idaho to learn from their peers. The Rural Healthcare Exchange Program provides travel support for individuals or small groups to meet with similar entities from other areas of the state to share information, ideas, and successful approaches to improving quality and access to healthcare services. The program is open to staff serving Idaho’s Critical Access Hospitals, Rural Health Clinics, Federally Qualified Health Centers, and Free Medical Clinics. Eligible applicants also include rural non-profit EMS agencies, rural health grant writers and foundation staff. The program does not include visits with consultants, conference travel, or support for regularly scheduled meetings or training events. For more information or to obtain an application, contact: State Office of Rural Health & Primary Care ruralhealth@dhw.idaho.gov; 208-334-0669

Save the Date!

The State Office of Rural Health and Primary Care, in partnership with the Family Medicine Residency of Idaho and St. Alphonsus Health System, are pleased to offer the fourth annual **“Meet the Residents”** event on **Thursday, June 27th**, in the **McCleary Auditorium on the St. Alphonsus campus in Boise.**

This is an opportunity to meet medical residents during an informal evening; be sure to reserve your place early! A light buffet and beverages will be provided. Registration will begin in April. If you would like to set up a table for display, there will be a limited number available, and they will be secured with the receipt of a registration form and fee on a first come, first serve basis. Thank you for making last year’s event a success and we’ll look forward to seeing you in June!

*Where: The Riverside Hotel
2900 W. Chinden Blvd
Boise, Idaho 83714*

Date: April 3, 2013

Time: 10 AM—4:30 PM

*Fee: No charge for Idaho CAHs
and partner organizations*

*Travel and lodging support
provided for Idaho CAH
participants.*

For more information, contact:

Stephanie Sayegh

450 W. State St. - 4th floor

Boise, ID 83720-0036

Phone: (208) 332-7363

Email: sayeghs@dhw.idaho.gov

CAH Quality Improvement Workshop

Wednesday, April 3, 2013

The State Office of Rural Health and Primary Care is pleased to offer a Quality Improvement Workshop for CAHs on April 3, 2013. Don’t miss this opportunity!

This event is held in conjunction with the Annual Patient Safety and Quality Improvement Conference, “Quality Improvement & Medication Management: Rx for Patient Safety” on April 4-5, 2013, sponsored by Qualis Health, St. Alphonsus and St. Luke’s.





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