



FRONTIER FOOTNOTES

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

"Promoting Careers in Health Care in Underserved Idaho Communities"

SEPTEMBER 2012

New Faces on Idaho AHEC Advisory Board



At the August Idaho AHEC Advisory Board meeting we gave thanks and bid goodbye to our past Board Chair, Dr. Jim Girvan, who has retired from BSU. His leadership has been a tremendous asset to AHEC and he will be greatly missed. Also stepping down from the board are Andrew Turner from the University of Idaho and Denise Chuckovich from the Idaho Primary Care Association. New members are: Dr. Tim Dunnagan, Dean of College of Health Sciences at BSU, Priscilla Salant from University of Idaho, Katrina Hoff from Idaho Primary Care Association and Devin Laky, third year medical student attending University of Washington School of Medicine WWAMI program taking the Idaho Track. **Russell Duke**, Director of Central District Health is the new chair of the Advisory Board with **Dr. Ted Epperly**, director of Family Medical Residency Program serving as Vice-Chair.

AHEC depends on the advisory board to help set priorities and build community partnerships as we work together to ensure a strong primary health care workforce throughout rural and underserved regions of our state.

Photo L to R: Dr. Ted Epperly, Mimi Hartman, Dr. Steve Schneider, Priscilla Salant, Dr. Mary Barinaga, Devin Laky, Dr. Tim Dunnagan, Dr. Bessie Katsilometes, Russell Duke, Dr. Jim Girvan. Board members not pictured: Dr. Suzanne Allen, Katrina Hoff and Carol Taylor.

Frontier Footnotes is supported, in part, by the [State Office of Rural Health & Primary Care, Idaho Department of Health and Welfare](#).
Idaho AHEC thanks you for your interest!

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Frontier Footnotes is produced three times a year (Jan / May / Sep) by the Idaho Area Health Education Center, a program of Mountain States Group, Inc. and a regional partner of the University of Washington School of Medicine. Frontier Footnotes provides a forum for information exchange. Views, opinions, and informational content of the articles appearing in this publication are the responsibility of the contributing organization and do not in any way represent views and opinions of all contributors.

IDAHO'S BINATIONAL HEALTH WEEK OCTOBER 6-13, 2012

The Binational Health Week (BHW) will celebrate its 12th anniversary this year, showcasing twelve years of tremendous effort and the enthusiasm of thousands of agencies and volunteers promoting the health and well-being of Latinos living and working in the USA and Canada.

In Idaho, the Consulate of Mexico, the Idaho Partnership for Hispanic Health, Ventanilla de Salud, St. Luke's, Regence, St. Alphonsus, the Idaho AHEC, and Advanced Clinical Research and many others are all collaborating to make this the best event ever. The BHW Steering Committee has finalized plans for the 12th Anniversary's activities culminating with a health and career fair that will be held on Saturday, October 13th, from 10 am to 5 pm at the Hispanic Cultural Center in Nampa, Idaho.

This event includes free health screenings including total cholesterol, glucose, A1C (for diabetes), blood pressure, height/weight, hip/waist circumference, foot exams, and dental screenings. Idaho State University Meridian Campus health program and Milan Institute students and faculty will be providing a wide variety of health screenings free of charge to attendees. The Family Medicine Residency of Idaho will be providing clinicians to help participants interpret their health screening information. Southwest District Health will be providing free immunizations and the Center for Community & Justice will be providing free HIV testing. There will be educational sessions focused on healthy eating and physical activity going on all day sponsored by the Y Healthy Living Branch. St. Al's Mobile Mammography Unit will be on site and will provide 25 mammograms to the first 25 women age 40 or older who schedule in advance and haven't had a mammogram within 3 years. The number for scheduling will be advertised closer to the event. Other activities include educational displays, health resources information and fun activities for the whole family sponsored by over 34 different organizations.

Preceding the health fair, the Consulate of Mexico will be providing one hour free educational sessions each day Monday through Friday, October 8-12, starting at 9 am focused on diabetes, mental health, and sexually transmitted diseases. The Wilder School District will be hosting a diabetes screening and educational event on Saturday October 6th from 9 am to noon. Free A1C tests will be provided to the first 100 individuals. For more information on these events or to request a poster in English or Spanish, contact Linda Powell at (208) 336-5533 ext. 235 or email lindapowell@mtnstatesgroup.org.

YMCA Hispanic Breast Cancer Rehab Program Return to Wellness

Boise Affiliate – Susan G. Komen for the Cure recently awarded the Treasure Valley Family YMCA a one year grant to fund the Hispanic Breast Cancer Rehab Program, a new cancer survivor program in Canyon County. The Breast Cancer Rehab program is a **FREE** group activity program for survivors in all stages of breast cancer recovery. This program encompasses survivors and newly diagnosed women going through treatment and recovery. Instruction is bilingual, and child care is provided at no charge. Classes will be held at various locations throughout Canyon County depending upon the need of the community.

To learn more about this program, visit the Health & Wellness page at www.ymcatvidaho.org

Director's Corner—by Lynda Bennett

Report on National AHEC Organization (NAO) Conference



I recently had the opportunity to attend the National AHEC Organization (NAO) conference in San Antonio, Texas. I attended training sessions and informational workshops presented by AHEC leaders from all across the country. It was a very enlightening experience. There are currently 56 AHEC programs with more than 235 centers operating across the country. While we all have some common goals, each AHEC has unique approaches for meeting the needs of their specific regions. Approximately 120 medical schools and 600 nursing and allied health schools work collaboratively with AHECs to improve health for underserved and under-represented populations. The NAO conference gave me a better understanding of how all our organizations can benefit from our combined knowledge and expertise. I also learned a great deal about the diverse range of programs being offered. I came away with a clearer vision of what AHEC organizations have the capacity to achieve.

Through community-based interdisciplinary training programs, AHECs identify, motivate, recruit, train, and retain a health care workforce committed to underserved populations. The mission of the NAO is “To enhance access to high quality, culturally competent health care, particularly primary and preventive care, by improving the supply and distribution of healthcare professionals through community/academic educational partnerships. “

In the coming months Idaho AHEC will be working to revise its own mission statement and develop a comprehensive strategic plan for meeting the needs of Idaho over the next five years. I will be relying on my advisory board and other community partners to help guide me in establishing programs that will strengthen our state. Through that process I will continue to reach out to my colleagues in NAO to share information and establish best practices. More than ever I have come to appreciate the degree to which we are all in this effort together.

Idaho Advisory Council on HIV/AIDS (IACHA) Completes Comprehensive Plan

The Idaho Advisory Council on HIV/AIDS (IACHA) serves as a community-planning group for the Idaho Department of Health and Welfare. The council membership includes representatives from state and local agencies, non-governmental organizations and representatives of communities and groups at risk for HIV infection and/or those already infected. IACHA has representatives from all seven Idaho health districts.

A major accomplishment for IACHA is the recent completion of a three-year Comprehensive Plan on HIV/AIDS Care and Prevention. This plan can be found at <http://www.healthandwelfare.idaho.gov/Portals/0/Health/Disease/STD%20HIV/HIVComprehensivePlan.pdf>.

Currently, Idaho is debating whether to expand existing Medicaid to individuals up to 133% of poverty level. If the state opts to expand Medicaid, beginning January 1, 2014, Idaho citizens with chronic diseases (including HIV/AIDS) will be eligible to access Medicaid without having to be determined disabled first.

While incidents and rates of HIV/AIDS are lower in Idaho than in some parts of the country, there are 1,254 individuals currently living with HIV or AIDS in Idaho, including individuals first diagnosed out-of-state.

To learn more about IACHA efforts to prevent the spread of HIV/AIDS and to ensure adequate treatment and services are available for those infected or affected by the disease contact Lynsey Winters Juel at **(208) 401-4242** or email lrjuel@mtnstatesgroup.org.

Idaho State University-Meridian team participates in medical mission to Uganda

Representatives from the Idaho State University-Meridian Health Science Center traveled to Uganda in July to complete health screenings of children and students at the Nsumba Orphanage, located 20 miles outside of the capital city of Kampala.

Making the two-week trip which began July 7 were ISU-Meridian's HIV and Viral Hepatitis Educator Judy Thorne; Academic Dean Bessie Katsilometes; assistant professor and audiologist Gabriel Bargen, and audiology doctoral student Nicole Butler. They were working with a Boise-based medical team from an organization called **Be the Change, Inc.**, which is helping the orphanage build sustainable programs in health care, clean water and agriculture.

This was Thorne's third trip to the Nsumba Orphanage in the past year. "The primary focus of this trip was to screen as many children as we possibly could for HIV," said Thorne, noting statistics show the vast majority of the world's HIV and AIDS cases are in Sub-Saharan Africa.

Many children at the orphanage, which serves approximately 500 children, have lost at least one parent to AIDS. HIV, the virus that causes AIDS, can be transmitted during childbirth. The team tested 167 children and none tested positive for HIV, which was great news, said Thorne. Testing and follow-up care are done in partnership with Ugandan health services and officials.

Bargen and Butler screened approximately 150 children for hearing loss due to ear wax or middle-ear infections. They removed the wax, and children with ear infections were treated with antibiotics.

While in Kampala, Katsilometes met with the dean of Makerere University's School of Public Health. Makerere is the largest and one of the oldest universities in Uganda.

ISU and Makerere officials are exploring the possibility of a partnership that may enable ISU Master of Public Health students to complete clinical rotations in Uganda, said Katsilometes. The Boise medical team also supplied the orphanage with 200 mosquito nets purchased from a local village to prevent the spread of malaria.

Photo:

From left ISU-Meridian's Judy Thorne, Bessie Katsilometes, Gabriel Bargen and Nicole Butler with children at Nsumba Orphanage in Uganda, East Africa. They were providing general medical, audiology and HIV services to 500 students

Note: Dr. Katsilometes serves as a member of the Idaho AHEC Advisory Board.



SAVE THE DATE: Friday—October 26th

The **Idaho Oral Health Alliance** is holding a one-day conference that will focus on medical/dental collaboration. This conference brings nationally known speakers to discuss emerging best practice models that integrate medical and dental care. These models provide opportunities for both oral health and medical professionals to develop more efficient referral systems to ultimately help improve the overall health and well-being of their patients. The conference will have associated continuing education credits. For more information about the conference, including how to register, please visit the IOHA website at: <http://www.idahooralhealth.org/>



Fractured: Why I Wrote My Book

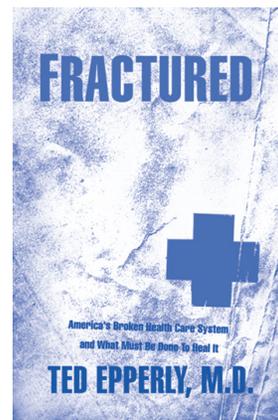
Ted Epperly, MD

Our health care system is fractured. It revolves around disease and sickness, rather than on prevention and health. We don't have enough primary care providers to service everyone in our country, so we fail to deliver basic health and wellness care in ways that can head off more serious problems downstream. Our health care system costs us \$8,500 per year for every man, woman, and child in America – much more than in any other country – but delivers us a system that ranks 37th in the world in health care outcomes. Even worse, when comparing how fair, just, and equitable our current system is, we rank an embarrassing 54th.

My goal is to educate the American public about what is actually fractured with our American health care system, as well as proposing ways to heal it. This is not a book of politics, or of who is right or wrong. *Fractured* identifies several core barriers to success in health care reform and points to a better path that will lead our nation to an outstanding health care system for the next 100 years. I want to elevate the dialogue beyond rhetoric and spin, and help make the central issues crystal clear so that America can arrive at the best possible solution for our people and for our nation's health.

America is struggling over a very fundamental question: is health care an individual right or a just money-based privilege? Some in our country view health care reform as a massive governmental takeover; one that adds exorbitant amounts to our beleaguered national debt, and only produces "death panels" and health care "rationing." Others see health care reform as an issue of social equality and justice, one that attacks massive disparities in present-day America, where the well-off have access to very good health care and the poor and disadvantaged live sicker and die younger.

America must better understand what the real barriers to health care reform are. To do this, we must first focus on helping all Americans get timely access to affordable, high-quality health care. We can't sit back timidly and serve only those who are currently blessed with the means to afford it. We can't continue to settle for an automatic default condition of a nation of healthy-rich and sick-poor. In addition, all Americans need to step up to the plate and be more accountable for their own personal health. We are all in this life together. We must each take personal responsibility for keeping ourselves and those we care for healthy. By doing this, we will become not only a healthier nation, but a more competitive one in the world marketplace. To win in the emerging world economy we will need the support of a healthier, more productive workforce; one that costs both our employers and our nation less for health care insurance and downstream medical costs.



Fractured can be found on the following links: [Amazon](#) and [Barnes and Noble](#). You can also learn more about the book at www.fracturedhealthcare.com. You can also join Dr. Epperly on Facebook by searching "Dr. Ted Epperly".

COMING IN OUR NEXT ISSUE:

Affordable Care Act—What does it mean for Idaho?

Many people are confused about what the Affordable Care Act is, what it includes, and what it means for us. ID-AHEC will begin a series of articles that will explain the ACA beginning with the next issue of Frontier Footnotes in January 2013.



Please join us in celebrating the second annual National Rural Health Day on Thursday, November 15, 2012! The purpose of this day is to celebrate the power of rural and raise awareness around rural health-related issues. For more information on National Rural Health Day please visit: <http://celebratepowerofrural.org/>.



Idaho CAH-RHC-Free Medical Clinic Conference: *Navigating Uncertainty*



Save the date for the annual Critical Access Hospital (CAH)-Rural Health Clinic (RHC)-Free Medical Clinic Conference on Thursday November 8, 2012 at the Owyhee Plaza Hotel in downtown Boise. This is a great opportunity to network with peers, obtain advice from industry experts and discover tools for navigating uncertainty. The conference will present a variety of information: community health needs assessment toolkit and community engagement advice, tools and strategies for applying Lean, and educational tracks for RHCs and Free Medical Clinics. Travel and lodging support will be provided to Idaho participants. Registration materials will be available on the State Office of Rural Health and Primary Care website (www.ruralhealth.dhw.idaho.gov) by September 4, 2012.

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 online account by going to www.3RNET.org, registering as an employer, and posting your opportunity. There is also room for you to upload photos of your community, hospital or health center. Take time to enter as much detail as you can about the opportunity; the more information a candidate has, the more appealing the opportunity is. 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.



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 loan repayment support through this program. Follow this link to learn more information: <http://nhsc.hrsa.gov/sites/becomenhscapprovedsite/index.html>

Save the Date! Oct 24, 2012

The State Office of Rural Health and Primary Care is happy to present the second annual “**Meet the Residents**” event in Southeast Idaho, along with partners from the Idaho State University Family Medicine Residency Program, and the Idaho Primary Care Association. This is an opportunity for Idaho rural health organizations to meet Idaho Family Medicine Residents.

For more information, contact:

The State Office of Rural Health & Primary Care
www.ruralhealth.dhw.idaho.gov
(208) 334-5993

Where: Pocatello, Idaho
Idaho State University - Pond Student Union
(Big Wood River and Little Wood River rooms)
Date: Wednesday, October 24, 2012
Time: 6:00 pm to 8:00pm

Be sure to reserve your place early! A light buffet and beverages will be provided. Registration is underway. You may access the form through a link on the SORHPC website: <http://www.healthandwelfare.idaho.gov/Portals/0/Health/Rural%20Health/Registration%20Form%2010.2012%20FORM%20FILL.pdf>. If you would like to set up a table for display, there are 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 October!



YMCA Healthy Lifestyles Program

YMCA Healthy Lifestyles Program is a scientifically proven program developed by Stanford University that uses the power of groups, along with one-on-one coaching to help you achieve your personal goals. By integrating spirit, mind and body in a holistic approach to well-being, we celebrate and encourage the whole person and work toward a balanced, satisfying life, rather than trying to achieve an “ideal” physical goal.

YMCA Healthy Lifestyles Program brings together individuals who support and motivate one another to reach health goals. You will be inspired to change your own behaviors as you work with others with common experiences, goals, and struggles. Groups provide accountability and a powerful incentive to affect change. Throughout your journey you will receive positive reinforcement, increase confidence and self-acceptance.

Sessions are 10-months long and include 22 group sessions. The program also features access to a lifestyles assessment, one-on-one consultation with a healthy lifestyles coach, and a program journal. This program can be held at any community center or gathering facility.

Fee (Financial Assistance is Available): YMCA Members: \$200 Non-Members: \$275

For more information contact Steve Oswald at 208-344-5502, ex. 260



Idaho AHEC Advisory Board:

Russell Duke, MS, (Board Chair) Director, Central District Health Department, Boise, ID

Ted Epperly, MD, (Vice Chair) Program Director, Family Medicine Residency of Idaho, Boise, ID

Suzanne Allen, M.D., MPH, Dean for Regional Affairs, Clinical Professor, Department of Family Medicine
University of Washington School of Medicine , Boise, ID

Mary Barinaga, M.D. Assistant Dean for Regional Affairs, Idaho; Clinical Assistant Professor, Department of Family
Medicine; University of Washington School of Medicine; Boise, ID

Tim Dunnagan, Ed.D., Dean, College of Health Sciences, Boise State University

Katrina Hoff, Director of Workforce Development, Idaho Primary Care Association, Boise, ID

Mimi Hartman-Cunningham, RD, CDE, Idaho Oral Health Project & Diabetes Prevention & Control Program, IDHW-
Bureau of Community & Environmental Health, Boise, ID

Bessie Katsilometes, Ph.D., Dean of Academics, ISU, Meridian Health Science Center, Meridian, ID

Devin Laky, 3rd Year Medical Student—WWAMI Idaho Track, Univ. of Washington Medical School, Boise, ID

Priscilla Salant, MS, Director, Office of Community Partnerships, University of Idaho, Boise, ID

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