



**Connecting Students to Careers, Professionals to  
Communities, and Communities to Better Health!**

### **SW ID AHEC and Full Circle Health to Host Fourth Doctor For A Day Session on April 20th, 2023**

Here at Southwest Idaho Area Health Education Center, part of our broader mission is to connect Idaho students to health careers. Each year we offer unique, creative, hands-on learning experiences for High School students. In the 2022 - 2023 School Year, in partnership with Full Circle Health, we have called that learning experience, Doctor for a Day. In this school year alone, we have offered three consecutive Doctor for a Day sessions to the students at Caldwell High School and will be offering a fourth on April 20th. Doctor for a Day places Full Circle Health residents directly in instruction scenarios with students. Students interact with the residents in hands-on stations such as patient interviewing, physical exams, and suturing. Students on April 20th will hear from a panel of practicing physicians from varying specialties and will get to interact with these professionals in one-on-one mentoring following the panel. We hope that Doctor for a Day inspires and encourages students in underrepresented communities to consider medicine or other healthcare careers and look forward to seeing these students become future AHEC Scholars!



We aim to expand this program to other schools throughout the state in future years. If you have any questions regarding our pipeline efforts, Doctor for a Day specifically, or are interested in hosting a pipeline program, please contact Jacelyn, [jlawson@jannus.org](mailto:jlawson@jannus.org).

## Happenings at SW ID AHEC Medical Education!

Want to earn a free *AMA PRA Category 1 Credit*??? Help us and it's yours! We are continually looking to refine and enhance our continuing education program. In order to do so effectively, we are seeking your input to help us determine and address the needs between current conditions and desired conditions for continuing medical education in Idaho. We are asking you to please take a moment out of your day to [complete our needs assessment](#) so that we can continue to offer the education that YOU want! In return for completing the assessment we will offer *1 AMA PRA Category 1 Credit*.

WE WANT TO HEAR FROM YOU

# Complete Our CME Needs Assessment

What do you want to see from our  
Medical Education program?

## Join Us at Grand Rounds!

We are thrilled to announce the SW ID Medical Education Spring Grand Rounds series that is happening now. We have loads of amazing speakers on deck from now through May. Please stay up to date with our Grand Rounds announcements by visiting our [Continuing Education](#)

[Site](#). Check out the sessions we have scheduled for March below!

**12** What Kinds of Procedures Are Being Done in Rural Primary Care and What Do Rural PCPs Wish They Had Been Trained to Do, Nathan Ord, MD - [Register Now](#)

**19** Idaho Medical Association Legislative Update, Mike Cunnington - [Register Now](#)

**26** Environmental Health Toolkit for Rural Family Physicians, Lange Clancy, DO - [Register Now](#)



SW ID MEDICAL  
EDUCATION PRESENTS

# SPRING GRAND ROUNDS



EVERY  
WEDNESDAY,  
JANUARY  
THROUGH  
MAY 2023

## JOIN US!

We hope SW ID AHEC Medical Education's Weekly Series will allow you to connect with your peers and continue to provide a sense of community in this very virtual world that we live in. Join us every Wednesday morning from 8 AM - 9 AM Mountain Standard Time via Zoom for education on timely and relevant topics presented by industry experts. The meeting details and the current schedule for the Spring 2023 Series can be found below and on our website, [idahoahec.org](http://idahoahec.org).

## UPCOMING SESSIONS

- April 5, **Blood Pressure: Are We Doing It Right?**, Matthew Nelson, MD
- April 12, **What Kinds of Procedures Are Being Done in Rural Primary Care and What Do Rural PCPs Wish They Had Been Trained to Do**, Nathan Ord, MD
- April 19, **Idaho Medical Association Legislative Update**, Mike Cunnington
- April 26, **Environmental Health Toolkit for Rural Family Physicians**, Lange Clancy, DO

 [jlawson@jannus.org](mailto:jlawson@jannus.org)

 <https://swidahec.cloud-cme.com/>



## REGISTER

Visit <https://swidahec.cloud-cme.com/> to create an account and register for upcoming sessions. Find the series by clicking on the RSS tab.



## LOG ON VIA ZOOM

Follow the Zoom link shared with you via email upon registering for the session.



## TEXT ATTENDANCE

After logging in to the session, complete the instructions on the presenter's screen to record your attendance.



## RECEIVE CME CREDITS

Complete an online evaluation after each session to receive *AMA PRA Category 1 Credits TM* (physicians) and a Continuing Education Certificate.

## Additional CME Offerings

We will present the sixth in a series of eight seminars, *Putting the Mouth Back in the Body*, on May 17th. The session, ***Mouths Matter: The Inextricable Link Between Oral, Mental, and Physical Health***, will be presented by Danielle Rulli, DHSc, MS, RDH, and Adrienne Lapidus, PhD, from the University of Michigan. Join us via Zoom using the following link:

JOIN US

# Mouths Matter: The Inextricable Link Between Oral, Mental, and Physical Health

Session Six of the Eight-Part Series, Putting the Mouth Back in the  
Body: How Oral Health Affects Whole Patient Care

FEATURING



**Danielle Rulli**  
DHSc, MS, RDH



**Adrienne Lapidos**  
PhD

FROM THE UNIVERSITY OF MICHIGAN

**MAY 17, 2023, 12 PM - 1 PM MT**

**JOIN US  
VIA ZOOM**

via the QR Code or Meeting ID  
MEETING ID: 89820322773  
PASSCODE: IOHA



Earn CME Credits

Free Registration

Via Zoom



## Calling All Speakers!

Do you have expertise in a particular healthcare topic? Do you know an expert? We want you to join our 2023 - 2024 Grand Rounds series! SWIDME Grand Rounds aims to educate physicians on timely and relevant topics through presentations by industry experts. If you or someone you know is interested in presenting, please contact Jacelyn at [jlawson@jannus.org](mailto:jlawson@jannus.org).



We are looking for industry experts dedicated to educating practicing physicians on timely and relevant topics

## BECOME A SW ID CONTINUING MEDICAL EDUCATION SPEAKER



### Boise State University News & Updates



BOISE STATE UNIVERSITY



#### Research Shows Nursing Faculty Support Virtual Healthcare Education

With the ever-expanding realm of virtual healthcare, the School of Nursing's simulation research team focused on incorporating it into nursing simulations. In the last year, they have developed at least one telehealth-related scenario for every semester of the pre-licensure nursing program.

But the research team wanted to know if nursing faculty feel that virtual care is something they need to teach and, if so, how ready are they to engage in it? Are faculty actually supportive of virtual care technologies and education?

Their most recent publication says: absolutely. [Read More.](#)

#### Doctor-to-be Nathan Epstein Carries the Bronco Spirit to Medical School — and Far Beyond

Nathan Epstein, Boise State class of 2016, is showing just what years of relationships and planning — in the hands of a driven and dedicated student — can produce. A medical doctor, with a passion for helping the community.



Epstein, 29, is now in the third class of the Idaho College of Osteopathic Medicine. And while he knew from a very early age that medicine was in the cards for him — he recalls his toy doctor's kit, and photos of him using a play stethoscope to examine his grandparents, and notes, "There was never really another option." — it's been Idaho, and Idaho higher education, that has helped to bring the dream very close to fruition. [Read More.](#)



### Former SE ID AHEC Scholar Joins ISU Faculty

Maya Tillotson, BA, MHA, joins ISU as the Pre-Health Advising and Recruitment Coordinator for the KDHS. Maya is a two-time graduate of Idaho State University, earning both a Master of Healthcare Administration and Bachelor of Healthcare Administration, along with a Minor in Business. She was also an AHEC Scholar and was instrumental in creating the Interprofessional Health Disciplines Student Association (IHDSA).

Prior to joining ISU, Maya worked for several years in health care settings, including private specialty practice, public health departments, health centers, rural hospitals, and healthcare research. Maya's further experience in the field includes working for Idaho Physical Medicine & Rehabilitation, Steele Memorial Medical Center, ISU Student Health Center, and Johns Hopkins Medicine. While earning her degrees, she also gained experience in advising graduate students as a Graduate Assistant for the College of Business.

In her free time she enjoys camping, reading, trying new games, learning new things, and being with her husband and twin boys.

Maya will join the KDHS on April 11 and says, "I am very very excited to be at Idaho State and cannot wait to see what the future holds! Go Bengals!"

### HOSA State Leadership Conference Held at Idaho State University

Nearly 800 Idaho high school students were on campus March 8-10 for the annual Idaho HOSA Future Health Professionals State Leadership Conference, attending symposiums and competing in academic health care challenges.



Traditionally, the conference is held in Boise, but organizers opted to bring it to Idaho State University for the first time this year. More than 100 Idaho State University faculty, staff and student volunteers were on-hand for the event. [Read More.](#)

### Idaho State University Health Fair Returns for 2023

The 2023 Idaho State University Health Fair will once again be offering numerous free and reduced-cost health care services, health information booths and family-friendly activities for the entire community.

The event will take place on April 4 from 7 a.m. to 6 p.m. at the ISU Pond Student Union Building

Ballroom in Pocatello. The event showcases ISU's Kasiska Division of Health Sciences (KDHS) clinics, health degree programs, and community health partners such as Portneuf Medical Center, Health West, and more. [Learn More.](#)

## Idaho College of Osteopathic Medicine News & Updates



### Advocacy, Education on the Docket During “ICOM Day at the Capitol”

Student Doctors, including AHEC Scholar, Hilarie Perez, at the Idaho College of Osteopathic Medicine, alongside Dr. Tracy J. Farnsworth, ICOM President; Dr. Kevin Wilson, ICOM Interim Dean; and Dr. Thomas Moorman, Associate Dean of Student Services, connected with Idaho legislators during “ICOM Day at the Capitol” on Tuesday, March 7.

Organized by ICOM’s Chapter of the Student Osteopathic Medical Association (SOMA), the group spoke with lawmakers about osteopathic medicine, graduate medical education, health care issues and more. [Read More.](#)

### ICOM Celebrates Match Day

The Idaho College of Osteopathic Medicine (ICOM) celebrated Match Day with its Class of 2023, as the 147 graduating physicians learned where they will complete their residency training.



Seventeen will remain in Idaho, Montana, Wyoming, North Dakota, and South Dakota — known as ICOM’s five-state target region — helping to address the shortage of physicians in the Mountain West region, with 14 remaining in Idaho. In all, ICOM students matched into 18 percent of all PGY-1 residency positions in Idaho. [Read More.](#)



### Fifth Annual ICOM Research Day Showcases Impactful Research

A wide range of innovative research was on display at the Idaho College of Osteopathic Medicine’s (ICOM) fifth annual Research Day on March 31. The event is a campus-wide celebration of the research and scholarly endeavors of the College’s students, faculty, and institutional partners.

The event provides ICOM’s student doctors the opportunity to showcase the scholarly projects they have conducted under the guidance of ICOM faculty mentors and in collaboration with local



researchers. This year, ICOM students submitted a total of 45 poster presentations, as well as three oral presentations. [Read More.](#)

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## St. Mary's Hospital Hosts Idaho WWAMI Students



St. Mary's Hospital in Cottonwood recently hosted Idaho WWAMI students for a wilderness medicine course. One person lay bleeding out in the snow, another lay unconscious across the hood and front window of a pickup, and all the while an animated intoxicated driver has no concept of the severity of the moment he's had a part in. In the midst of this, more than two dozen medical students are left to sort out the crisis to evaluate patients, provide immediate care and arrange for transport.



This scenario — a snowmobile versus a snowplow with four patients — is staged, with faked injuries and persons acting out both trauma and drama to give students a taste of the complexity they will be dealing with in real world medical care.

Schweitzer, a physician at St. Mary's Health (SMH) in Cottonwood, coordinates this annual program that he started in 2011 as a first-year medical student with the help of SMH administration and staff. Following a gap of a few years, the course resumed in 2018 with SMH support, as well as that of Cottonwood Butte Ski Area and the community, he said. Instructors come from SMH as well as their sister facility, Clearwater Valley Health (CVH) in Orofino.

Read about the two-day event in the Idaho County Free Press. [Read More.](#)

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## The National Rural Health Association Awards Dr. Diana Schow Outstanding Educator for 2023



Dr. Schow will receive the award at the NRHA's Annual Rural Health Conference in San Diego on Thursday, May 18.

NRHA's Outstanding Researcher or Educator Award strives to recognize that health services research, as well as education and curriculum development specific to rural health needs, has the potential to make long-lasting contributions. Criteria considered include the scope of accomplishments, significance of the work to rural health, and sophistication of the scholarly effort. The premise is made that distinguished professionals in research and/or education have the potential through their own work, or through inspiring the work of others, to encourage, assist, enhance, expand and improve rural health. Nominees may be professionals in the fields of research or education.

Please help us congratulate Diana on this impressive distinction. Idaho AHEC would not be possible without her dedication, vision, and determination.

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## Empower Idaho Announces 2023 Peer Support Conference

Earn up to 6 CEUs for Certified Peer Support Specialists (CPSS), Certified Family Support Partners (CFSP), Certified Recovery Coaches (CRC) and Certified Peer Recovery Coaches (CPRC). Learn more about the conference sessions and presenters, and register online at the Empower Idaho website. [Learn More.](#)



## Join Empower Idaho Next Month for a Provider Education Training

Unlearning is the New Learning: An Ethical Guide to Integrating and Normalizing Trauma-Informed Cultural Competencies into Your Therapy Practice is presented by Vikash Ravi, LCSW, MSW on May 9, 2023. Learn more about the webinar and Vikash Ravi at the Empower Idaho website. [Learn More.](#)

### Empower Idaho 2023 Peer Support Conference

**Thursday, April 27, 2023**  
Free CEU Opportunity | Virtual Conference  
All sessions are in Mountain Daylight Time (MDT)

**Earn up to:**  
6 CEUs for Certified Peer Support Specialists (CPSS), Certified Family Support Partners (CFSP), Certified Recovery Coaches (CRC) and Certified Peer Recovery Coaches (CPRC)

**Register:** [linktr.ee/EmpowerIdaho](https://linktr.ee/EmpowerIdaho)

<b>9:00 AM - 11:15 AM</b> 2 CEUs	<b>Ethics and Boundaries in Peer Support*</b> with Dyany Munson, BA, CPSS
<b>11:45 AM - 1:00 PM</b> 1 CEU	<b>Professional Organization: Collaboration, Documentation, and Other Tools to Keep Peer Support Efficient and Ethical</b> with Dyany Munson, BA, CPSS
<b>Limited spots available! 1:30 PM - 4:45 PM</b> 3 CEUs	<b>Common Dilemmas and Potential Responses: Peer Support Scenarios from Real Life*</b> with Jacob Hackman, PSS    Norma Jaeger, MS    Lisa Koller, CPSS, CPRC, CPRC Supervisor, SUDA

**QUESTIONS?**  
Email: [empoweridaho@jannus.org](mailto:empoweridaho@jannus.org)

\*CEUs for repeat conference sessions can only be issued once per calendar year. Credits earned from this conference are applicable for certification renewal only.

Learn more about the conference sessions and presenters at: [empoweridaho.org/education/peer-support-conferences](https://empoweridaho.org/education/peer-support-conferences)

Brought to you by Empower Idaho, a program of Jannus, Inc. [www.empoweridaho.org](http://www.empoweridaho.org)

### Unlearning is the New Learning: An Ethical Guide to Integrating and Normalizing Trauma-Informed Cultural Competence into Your Therapy Practice

with Vikash Ravi, LCSW, MSW

**Tuesday, May 9, 2023 | 9:00 AM - 12:15 PM MDT | Online**  
3 free CEUs *pending* for LSW, LMSW, LCSW, LPC, LCPC, LMFT\*

This webinar is designed for behavioral health providers


**Webinar Objectives:**

- Understanding the difference between "cultural competence" and "trauma-informed cultural competence"
- Demonstrating a step-by-step practice/approach to integrating trauma-informed cultural competence
- How to integrate and internalize constructively critical feedback on cultural competence
- How to practice active unlearning via intentional schema reframing through assimilation and accommodation

**Register:** [linktr.ee/EmpowerIdaho](https://linktr.ee/EmpowerIdaho)

**About the Presenter:**

Vikash Ravi (he/him, they/them), is a Licensed Clinical Social Worker that specializes in providing trauma-informed and culturally competent therapy services for survivors of domestic and sexual violence. He currently runs a Private Practice in Texas that sees a variety of adult and adolescent clients. Vikash is a strong advocate for normalizing inclusive therapeutic practices that are client-centered, strengths-based, and empowerment-focused.



**QUESTIONS?**  
Email: [empoweridaho@jannus.org](mailto:empoweridaho@jannus.org)

\*Empower Idaho trainings approved to offer CEUs for LSW, LMSW, LCSW through the National Association of Social Workers also qualify for CEUs for LMFT, LPC, and LCPC. LMSW 18081.

Brought to you by Empower Idaho, a program of Jannus, Inc. [www.empoweridaho.org](http://www.empoweridaho.org)

## ECHO Idaho Announces April Lunch Break Schedule and Two New Series



Scheduled weekly over lunch breaks, ECHO

Idaho provides virtual, 1-hour sessions with a panel of subject matter experts to deliver a brief, high-yield presentation on a topic of interest, specific to Idaho healthcare practitioners. Each session includes a real-life case presentation from an ECHO Idaho participant.

ECHO is pleased to announce two new series:

- Adolescent Substance Use Disorder – Read about this new series on [their website](#). Launched Wednesday, March 22nd at noon MT.
- Infectious Diseases in the News – Stay up to date on the most current infectious diseases to make headlines. Launching Tuesday, April 18th at noon MT.

ECHO Idaho is always free and participants can earn CE/CME for attending. Visit [their website](#)

to view upcoming topics and register!

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## Help Revive the Practice of Medicine in Idaho at the ACMS Vitality Series

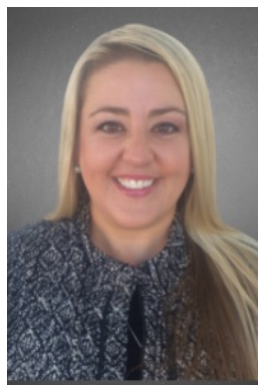


Come explore how to help mitigate the effects of mental health stigma, political polarization, and moral injury on our Idaho healthcare workforce. This relationship based series will feature keynote dinners and workshops available to those in healthcare to advance progress on these three important issues. The series will take place May 12, June 8, June 9, September 7, and September 8. [Learn More.](#)

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## Idaho Representation Added to 100 Million Mouths Campaign

Congratulations to M. Colleen Stephenson, RDH-ER, MS, who was selected as Idaho's first representative for the 100 Million Mouths Campaign (100MMC). The 100MMC, created within Harvard University's Center for Integration of Primary Care and Oral Health, will train fifty oral health education champions over the next decade, one in each state, to work with health profession schools and programs to integrate oral health into their curricula to bridge gaps in oral health access. Stephenson, a clinical associate professor and Community Outreach Coordinator for the Idaho State University Dental Hygiene Department, will work in tandem with the Idaho Oral Health Alliance, which also has an initiative to educate Idaho medical providers on the importance of oral health to whole health.



The goal of the 100MMC is to recruit and train health professionals in each state to engage with primary care training sites to develop oral health curricula that will be sustainable and has a health equity component. Champions are taught to reach out to medical and osteopathic schools, physician assistant, nurse practitioner, and midwifery schools, as well as pediatrics, med-peds, internal medicine, obstetrics and gynecology, and family medicine residencies. They are taught to use existing national and state resources, and to partner with local and state experts such as the state dental director, department of public health, and local academic and community-based dentists and dental hygienists.

Champions train faculty in the health schools to carry on the oral health curricula, thereby creating a system that will generate future primary care providers who can engage their patients and improve the oral health of at least 100 million mouths over the next decade.

To learn more, contact Colleen Stephenson at [colleenstephenson@isu.edu](mailto:colleenstephenson@isu.edu) or (208)282-6144.

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## Recruiting Health Care Professionals? Register Now: HRSA Virtual Job Fair



The HRSA Virtual Job Fair offers live networking with job candidates and the perfect opportunity to showcase your job vacancies. Reach your target

audience. Engage with hundreds of interested health care professionals. Save valuable recruiting funds. There is no cost to participate in a HRSA Virtual Job Fair. Share materials immediately. Upload job descriptions, videos, images, and more for attendees to download. [Register](#) for the next job fair, Wednesday, April 19, 2023 from 6:00-9:30 p.m. ET now!

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### **Idaho Caregiver Alliance Hosts Successful 12th Annual Family Caregiver Conference - Announces 2024 Conference Date**



The 12th Annual Family Caregiver Conference took place on Saturday, March 11th, 2023. This event provided an opportunity for family caregivers across the lifespan to come together to learn, celebrate, and empower one another. The event was two fold with the English-language track held virtually on the Zoom Events platform and the hybrid Spanish-language track held in-person at the Hispanic Cultural center in Nampa, ID. Keynote speaker, Dr. Cynthia Clark, provided an inspiring lesson on “Strategies to Foster Civility, Community, and Constructive Conversations”; a topic caregivers responded to very well with comments such as “I especially gained much from Dr. Cindy Clark that I will use with the families in which I work” and “I found the opening speech extremely enlightening”. Following the keynote presentation, there were two 75 minute long breakout sessions offering 15 unique topics from which to choose (11 in English and 4 in Spanish), a short film screening, and a panel discussion.

Across the two options this event hosted 221 total attendees and 32 speakers/presenters with representation from four of five Idaho Regions, caregivers ranging in age from 19-89 caring for individuals two years old to 83 years old. As a whole, the Family Caregiver Conference was able to make a phenomenal impact on family caregivers across the lifespan and across the state.

# *It's Official*

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The 13th Annual Family Caregiver Conference is coming March 9, 2024

**Over 200 people attended the 12th Annual Conference in 2023 and here's what they said....**



**“It was an awesome event, am looking forward to next years event.”**



**“Lots of great resources and knowledgeable presenters.”**



**“Thank you for helping caregivers.”**



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## **Support Our Center!**

SW ID AHEC is a not-for-profit organization. Meaning, that we exist because of the generosity of agencies and individuals. People like you. We know that times are tough but if you find yourself in a stable position and want to support our mission, your donations are always greatly appreciated.

### **Your Donation Helps To:**

- Improve the distribution, diversity, and supply of the primary healthcare workforce
- Educate Idaho's youth about careers in healthcare
- Enhance the education of health profession students
- Offer continuing education to healthcare professionals
- Strengthen community health in rural and underserved areas

**DONATE  
NOW**

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## Southwest Idaho AHEC

1607 W. Jefferson Street,  
Boise, ID 83702  
(208) 947-4295

Katrina Hoff, Director  
[khoff@jannus.org](mailto:khoff@jannus.org)(208)  
947-4295

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