



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

2021 - 2023 AHEC Scholars Gearing Up for Graduation

I hope that we are not the first to remind you to spring those clocks forward next week as we prepare for spring. It's about this time every year that we begin to reminisce on the years we have had with our graduating scholars. Like the shift we feel with the loss of an hour, this class of resilient scholars had to persevere through the shift we felt as a result of a global pandemic. They felt the world teeter between some sense of normalcy and some sense of chaos. Despite all odds, these scholars completed over 800 hours of community, experiential, and clinical learning at more than twenty locations. Join me in congratulating the following scholars;

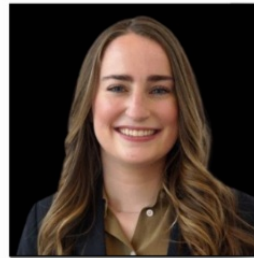
- Karlee Black, DO
- Rebecca Gomez, DNP
- Hunter Gray, DO
- Amneh Natouf, Pharm D
- Julia Nguyen, DO
- Laura O'Brien, MSN
- Hilarie Perez, DO
- Madison Summers, DO
- Lydia Webb, SLP MS
- Stephanie Wyler, PA



AHEC SCHOLARS 2021 - 2023 Cohort



View Their
Class Yearbook
<https://www.idahoahec.org/>



Karlee Black
Medicine
ICOM



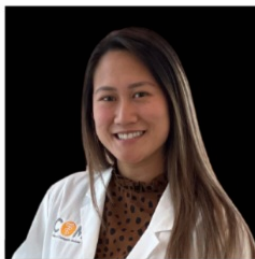
Rebecca Gomez
Nursing
ISU



Hunter Gray
Medicine
ICOM



Amneh Natouf
Pharmacy
ISU



Julia Nguyen
Medicine
ICOM



Laura O'Brien
Nursing
BSU



Hilarie Perez
Medicine
ICOM



Madison Summers
Medicine
ICOM



Lydia Webb
Speech Language Pathology
ISU



Stephanie Wyler
Physician Assistant
ISU



JANNUS
CHANGING LIVES



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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*

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!

8 Primary Care Management of Patients in Suicidal Crisis: Resources, Strategies, and Impacts of the COVID Pandemic by Kelsey Harding, MD - [Register Now](#)

15 Practical Approach to Trauma Informed Care in Various Clinical Settings: A Case-Based Discussion by Paige Ely, DO - [Register Now](#)

22 "Give Me Sem-a-That-Glutide" The Weight Loss Who, What, When, and Where of Primary Care by Amanda Aman, MD - [Register Now](#)

29 Perinatal Mood Disorders by Phebe Alley, MD - [Register Now](#)

SW ID MEDICAL
EDUCATION PRESENTS

SPRING GRAND ROUNDS

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, [idaahoahec.org](https://swidahec.org).

UPCOMING SESSIONS

- **March 1, Alcohol Use in Pregnancy**, by Zara Bowden, MD
- **March 8, Primary Care Management of Patients in Suicidal Crisis: Resources, Strategies, and Impacts of the COVID Pandemic** by Kelsey Harding, MD
- **March 15, Practical Approach to Trauma Informed Care in Various Clinical Settings: A Case Based Discussion** by Paige Ely, DO
- **March 22, "Give Me Sem-a-That-Glutide". The Weight Loss, Who, What, When, and Where of Primary Care** by Amanda Aman, MD
- **March 29, Perinatal Mood Disorders** by Phebe Alley, MD



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.



jlawson@jannus.org



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



Additional CME Offerings

We will present the fifth in a series of eight seminars, Putting the Mouth Back in the Body, on March 7th. The session, ***Fluoride: Why You Should Discuss the "F" Word With Your Patients***, will be presented by Matt Zaborowski, MPH, CPH. See below for more details and registration information.

REGISTER NOW FOR

Fluoride: Why You Should Discuss the "F" Word With Your Patients



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

Earn CME Credits ✓

Free Registration \$

Via Zoom 📍

Featuring:

Matt Zaborowski, MPH, CPH

March 7, 2023, 12 PM - 1 PM MT



REGISTER NOW!

via the QR Code or Link Below
<https://bit.ly/3loAiAz>

**Idaho Area Health Education Center Joins
Idaho State University School of Nursing to
Expand Workforce Development in Rural and
Underserved Areas**

The Idaho State University School of Nursing received a five-year federal grant through the



Health

Resources and Services Administration to establish an Idaho Area Health Education Center Program Office (IDAPO). Totalling nearly \$2.9 million, the grant will help achieve their mission to develop a diverse and sustainable health care workforce in rural and underserved communities in Idaho through three programs that engage community members, students and health practitioners.

The IDAPO director is Diana Schow, PhD, assistant professor in the Department of Community and Public Health and School of Nursing at ISU. She is joined by Rylee O'Neill, MPA, associate director, and the previous director of the Southeast Idaho AHEC. Sue Tavernier, PhD, director of graduate studies in nursing, is the IDAPO evaluation director.

"Previous work and dedication from the state's existing AHEC centers is what made this project a reality," says Schow. "Their tireless commitment to ensuring we have enough primary care, mental health and dental health providers in the state is truly commendable."

Liz Bryant continues to lead the North Idaho AHEC center, which is hosted by the University of Idaho in Moscow. Katrina Hoff remains the Director of Southwest Idaho AHEC at the non-profit Jannus, Inc. in Meridian. Chelsea Martin is the new director of Southeast Idaho AHEC, which resides at Southeastern Idaho Public Health.

"Having support from public health, universities and non-profit sectors greatly improves our ability to build statewide;" says O'Neill.

"Building the health care workforce is critical to the state of Idaho. We're growing rapidly and access to care is essential for the quality of life in our great state," says Rex Force, vice president for health sciences and senior vice provost at ISU. "The AHEC program supports an important pipeline of health care providers."

The organizational structures of AHECs includes a hub and spoke model. Funds are distributed through IDAPO to the regional centers for use in essential programming. For more information, call (208) 282-2116.

Idaho AHEC Program Office and Cooperative Whole Health Organization Presents Online Webinar, Gender Affirming Care

The Idaho AHEC Program Office in conjunction with the Cooperative Whole Health Organization is proud to present Gender Affirming Care. Learn best practices for caring for transgender and LGBTQ+ communities during this dynamic webinar on Wednesday, March 15, 2023, 6:30 - 7:30 MST via Zoom. Learn from Neill Ragan, MD, and Camille Evans, LCSW. [Register Now](#).

**Boise State University News &
Updates**



BOISE STATE UNIVERSITY

McCullough Publishes Study On the 'Opportunity Cost' to Public Health Systems Due to COVID-19



School of Public and Population Health Associate Professor Mac McCullough recently co-published a report titled, “The Opportunity Cost of COVID for Public Health Practice: COVID-19 Pandemic Response Work and Lost Foundational Areas of Public Health Work” in the Journal of Public Health Management and Practice.

McCullough’s research shines a light on the extent to which existing public health workers were pulled away from their usual work to contribute to the COVID-19 response, potentially leading to less work being done in other public health programs during the pandemic. [Learn More.](#)

Gallegos Researches How Mindfulness Can Benefit Parents of Children with a Chronic Illness

Cara Gallegos, an associate professor at the School of Nursing, wants to find an intervention to help lower stress and depression in parents of children with complex medical conditions. She’s currently working on a yearlong study to assess whether mindfulness – practiced through a phone app – may be the solution she’s looking for.



This project stems from previous work Gallegos did to evaluate parents’ mental health, stress and coping. Gallegos also mentored Margaret Quatraro, an undergraduate research assistant at the time, on a similar study this past fall. They evaluated if using a mindfulness app could lower the stress and depression levels of college students. The short story? It did. [Learn More.](#)



Answering the Call: Boise State Provides the Nurses Idaho Needs

According to the American Association of Colleges of Nursing, 100,000 nurses in America left the workforce between 2020 and 2021, causing the largest industry need in 40 years. Undaunted by the shortage, the School of Nursing is responding with visionary action. Consider August 2019, when the school increased its undergraduate pre-license cohort size by 33%. Five semesters later 80 bachelor’s-prepared nursing students entered the workforce.

“The faculty and staff of the Boise State School of Nursing had great empathy for the ‘working nurses’ and the shortage,” said Shelle Poole, divisional dean of the School of Nursing. “Within the school we dedicated our time, energy and innovations toward solutions for the future.”

The result of these efforts? Boise State’s skilled graduates are in high demand. [Learn More.](#)

The Center for the Study of Aging Release 2022 Fit and Fall Proof Research Data

The Center for the Study of Aging at Boise State University has been researching fall prevention in older adults since

2009 through the Fit and Fall Proof Program TM. The Fit and Fall Proof Program is utilized in all the 7 of Idaho's health districts and has 110 sites throughout Idaho as of 2023.

The Fit and Fall Proof Program has consistently shown statistically significant results in older adults by assisting with balance and coordination. The Center for the Study of Aging utilizes "Timed Up and Go" (TUG) scores for evaluating progress among participants. TUG scores is the amount of time it takes someone to stand up, walk 8 feet away, and then walk 8 feet back, and sit down. This assessment evaluates fall risk and frailty in older adults. A statistically significant decrease in TUG scores indicates that the Fit and Fall Proof program assists with fall prevention amongst older adults. [Learn More.](#)



Idaho State University News & Updates



Idaho's Only School Psychology Program Combating Mental Health Shortages in Idaho Schools

With Idaho facing a shortage of mental health professionals, and growing mental health needs for children and teens, Idaho State University, home to the state's only school psychology program, is using a combination of practical knowledge and hands-on training to fill an immediate and critical need in Idaho schools. [Learn More.](#)

Kristy Crownhart Receives 2023 American Association of Nurse Practitioners State Award for Excellence in Idaho

In recognition of excellence in clinical practice, Kristy Crownhart, DNP, APRN, FNP-C, is being honored by the American Association of Nurse Practitioners (AANP) as the 2023 recipient of the AANP State Award for Excellence in Idaho. Each year, nurse practitioners across the nation are nominated by their colleagues to receive this prestigious award. [Learn More.](#)

Idaho College of Osteopathic Medicine News & Updates



ICOM Faculty Member Chosen to Lead the 124th Medical Group

Lt. Col. Dr. Lora Bennett, Assistant Professor of Family Medicine at ICOM, has been chosen to serve as Commander of the 124th Medical Group of the 124th Fighter Wing in the Idaho Air National Guard.

Lt. Col. Bennett assumed command of the 124th Medical Group from Col. Stephen Jones during

a change of command ceremony on January 7, 2023, at Gowen Field Base in Boise. During the ceremony, a guidon is passed from the former commander to the new commander, representing the transfer of responsibility. [Learn More.](#)

ICOM Celebrates 13 Entering Military Residency in July

The Idaho College of Osteopathic Medicine is proud to announce that 13 members of its Class of 2023 will continue their medical training in the United States Armed Forces after graduating on May 19, 2023. ICOM's future military physicians will soon be practicing medicine within the Army, Air Force and Navy military branches. Their specialties include Internal Medicine, Obstetrics and Gynecology, Dermatology, Pediatrics, and General Surgery, among others.



The remaining students in ICOM's Class of 2023 will participate in the National Resident Matching Program (NRMP) on March 17, 2023. [Learn More.](#)



Health Services, Resources Provided at ICOM Community Health Fair

ICOM hosted its third annual community health fair on Saturday, Feb. 25. Organized by ICOM's Community Outreach Committee, this free event was open to the public.

Participants, ages 18 and older, received a complimentary physical exam, including blood pressure and heart rate screenings. Hearing and eye exams were also offered, as well as osteopathic manipulations. Medical students also hosted interactive workshops, from building a medical emergency car kit to an anatomy crafts station geared for children. [Learn More.](#)

Empower Idaho Welcomes New Interim Program Manager

Greetings, all! For those I have yet to meet, my name is Alejandra Del Toro. I am a first-gen Mexican American born and raised in Burley, Idaho. Being from a rural part of the state and seeing the many gaps we have in the system, I knew I wanted to pursue a career helping people who are often dismissed or treated as an afterthought. This led me to pursue my undergraduate degree in psychology at Boise State University.

After working with the Empower Idaho team for two years as the Education and Community Coordinator, I am excited to step in as Interim Program Manager. I look forward to this journey and learning alongside some pretty incredible Jannus mentors. I'm grateful for the opportunity to work with the community I grew up in.

In my free time, I enjoy baking, playing with my nephews, going to concerts, and spending quality time with my family.



ECHO Idaho Announces March Lunch Break Schedule



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 Idaho is always free and participants can earn CE/CME for attending. Visit [their website](#) to view upcoming topics and to register.

Join Idaho Kids Covered for An Important Legislative Update on House Bill 122 Aimed at Supporting Healthy Moms and Strong Babies



The 2023 legislative session is shaping up to be eventful, with new legislators, new legislative leadership, and many important health policy issues on the docket. Join Idaho Kids Covered on Tuesday, March 14th at 12:00 pm MT for an important webinar on what's happening in the legislature, updates on HB 122- our legislation that will increase access to health coverage for pregnant/postpartum women and children, and opportunities to take action! [Register Now](#).

Healthy Me is Cavity Free Hosts Childcare Provider Oral Health Workshop



Healthy Me is Cavity Free is still taking registrations for the March 4, 2023, Twin Falls Childcare Provider oral health workshop. This free in-person training will be led by dental hygienists, is eligible for IdahoSTARS credit, includes breakfast, and is scheduled from 8:00 a.m. to 12:30 p.m. Magic Valley childcare providers including Head Start teachers (including Early Head Start and Migrant Head Start), Parents as Teachers, Nurse Family Partners, and IdahoSTARS members are all welcome to attend. [Register Now](#).

IDHW Presents Free Webinar for Interpreters



IDAHO DEPARTMENT OF
HEALTH & WELFARE

The Division of Public Health, Idaho Department of Health and Welfare is sponsoring a free webinar, "COVID-19 Update with Medical and Outreach Specialists" facilitated by MD Translation on March 21, 2023, 12:00-1:00 Mountain Time. This free webinar is the eleventh in a monthly series for medical interpreters. Pre-registration is required and space is limited. [Register Now](#).

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

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