



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

19 Southwest Idaho Students Join the Incoming 2023 - 2025 Cohort of Idaho AHEC Scholars!

We are thrilled to share some exceptional news with you – Southwest Idaho AHEC has just accepted 19 exceptional students into our incoming cohort for the 2023-2024 academic year! These bright individuals are about to embark on a transformative journey towards becoming future leaders in healthcare.

Our AHEC Scholars Program, known for its superb interdisciplinary education and training, is designed to create a healthcare workforce that is not only diverse but also culturally competent. Our aim is to serve communities with unmet healthcare needs, and this begins by equipping our scholars with the skills and knowledge to make a meaningful difference.

These 19 students will have the incredible opportunity to engage directly with rural and underserved communities right here in Idaho. They will work alongside up to 60 peers from various health profession fields, gaining invaluable hands-on experience and insights into the challenges and rewards of serving those who need it most.

At the heart of our program is a cutting-edge curriculum, meticulously crafted by the Idaho AHEC Team in collaboration with the prestigious University of Washington School of Medicine. Our scholars will receive not only a nationally recognized certificate upon program completion but also a substantial \$1,000 stipend, a testament to their dedication and commitment.

The best part is that this life-changing opportunity comes at absolutely no cost to our students, thanks to the unwavering support of our community and partners.

We want to express our deepest gratitude to all who applied and took the first step toward their fulfilling healthcare careers. The passion, dedication, and potential of these 19 students stood out, and we are excited to welcome them into our AHEC Scholars family. Please help us to welcome and congratulate them!

Idaho College of Osteopathic Medicine Students

- Conner Charles, Second Year
- Nick Davis, First Year
- John Edge, First Year
- Shannon Gargas, Third Year
- Eric Hanzel, First Year
- Lauren Hutchinson, First Year
- Devan Kunzler, First Year
- Jeremie Morris, Third Year
- Cherlindrea Overstreet, Second Year
- Katlyn Perkins, Third Year
- Holly Ramsey, Third Year

Idaho State University Physician Assistant Students

- Micha Brandt, First Year
- Michaela Brinkmeyer, First Year
- Aidan FitzGerland, First Year
- Brienna Gisseman, First Year
- Benjamin McEnulty, First Year
- Emily Oe, First Year
- Joshua Peck, First Year
- Sarah Reineke, First Year

We are also excited to share that our 19 new scholars will soon be joining their peers from SE and North Idaho. Our commitment to fostering a diverse and culturally competent healthcare workforce continues, and we look forward to welcoming more outstanding scholars to our program in the near future.

To our new scholars, CONGRATULATIONS! You are now part of a group of exceptional individuals who will make a lasting impact on healthcare in our region. We can't wait to see the incredible work you will do in the coming months and years.

To all those who may have missed this round, remember that our commitment to fostering a diverse and culturally competent healthcare workforce continues. We will open applications for the next AHEC Scholars cohort in the spring, so please stay tuned for future opportunities.

Thank you for your continued support and belief in our mission. Together, we are making a real difference in healthcare, one scholar at a time.

Continuing Medical Education

SWIDME Direct Offerings

Get ready to ignite your curiosity with the return of Southwest Idaho Medical Education Grand Rounds! We had an incredible lineup of presentations last month, and if you missed out, worry not. You can still join the journey by securing your annual membership today!

Why Become a SWIDME Member?

SWIDME memberships are tailor-made for physicians who are dedicated to advancing their medical expertise and remaining at the forefront of their profession. Whether you seek to enhance patient care, pursue career development, or fulfill continuing medical education requirements, this membership offers a tailored platform for physicians to thrive in their medical journey and achieve excellence in their practice.

Membership Pricing (Annual)

- **Individual Providers:** \$100
- **Organizational:** \$75/Provider
- **Discounted Organizational for Core Safety Net Providers:** \$50/Provider

How to Sign Up

Joining is easy! Visit our [membership sign-up page](#) and follow the straightforward registration process. Following your sign-up, you will receive personalized email reminders of the upcoming education offerings and will be automatically registered for all SWIDME directly offered programs.

- Membership Sign-Up Link: <https://secure.qgiv.com/for/a-ef2/event/swidmegrandrounds/>

Thank you for your continued dedication to medical excellence. Should you have any questions or require assistance, please don't hesitate to reach out to Jacelyn, jlawson@jannus.org.

November's Upcoming Sessions

- **11/1** - Physician Well Being - Selecting a Well-Being Framework for Your Setting, Kris Hartung
- **11/8** - Family Caregiving: The New Social Determinant of Health, Sarah Toevs, PhD
- **11/29** - ADRD Care Competency Model for Healthcare, Jayne Josephsen, RN, CCTM, CHPN, Melody Weaver, NP

To view what's coming up later in the year visit our [CME management portal](#).

Joint Providership

Do you have activities and/or events you've been wanting to offer with CME but aren't quite sure how to proceed? Are you looking for a new or local accreditation provider? Let us help! Choose Southwest Idaho Medical Education for a seamless and efficient experience. Our 100% online application process, personalized assistance, competitive fees, free online learner accounts, immediate credit claiming via text, and direct transmission (with sufficient member data) of CME credits to the Idaho Board of Medicine save time and reduce stress for both organizations and learners.

To learn more please visit our [SWIDME site](#) and contact Katrina, khoff@jannus.org with any questions. We look forward to working with you!

Boise State University News

School of Nursing Partners with Center for Global
Engagement for Health Ethics Experience



BOISE STATE UNIVERSITY



Students from Bolivia and Peru visited the School of Nursing recently for a learning experience exploring ethics in global healthcare. The session was part of the Center for Global Engagement's **grant-funded program** focused on closing the gender inequality gap in the Americas.

Tracy Day, assistant director of the Intensive English Program in the Center for Global Engagement, collaborated with Assistant Professor Saleh Ahmed and Assistant Provost Gonzalo Bruce to implement Boise State's portion of the program. Participants discussed the ethical principles of autonomy, beneficence, non-maleficence, and justice as they applied to the case study. They also exchanged ideas about how to apply the same principles to real-life contexts they might experience in their home countries.

Conversations covered the topics of individuals' right to make choices for their health based on their own values; the imbalance of access to quality healthcare between rural and urban areas; and the equity gap in academic research of women's and men's health issues. [Read More.](#)

Health Sciences Faculty published in Organizational Behavior Management, Integrative and Complementary Medicine Journal

Five Boise State College of Health Sciences faculty published "**Assessing Burnout and Well-Being in Higher Education Health Science Faculty**" in Organizational Behavior Management, Integrative and Complementary Medicine journal. Authors include Kristen McHenry, assistant professor in the Department of Respiratory Care, Megan Koster, clinical associate professor and department chair in the Department of Respiratory Care, Gen Ludwig, clinical associate professor and Yong Gao, Professor in the Department of Kinesiology, and Jennifer Eichmeyer, clinical associate professor and director of the Master of Science in Genetic Counseling program. [Read More.](#)

Koster and McHenry Publish on Burn Out Among Health Sciences Faculty

Megan Koster, department chair and clinical associate professor, and Kristen McHenry, assistant professor, both in the Department of Respiratory Care, published "Areas of work-life that contribute to burnout among higher education health science faculty and perception of institutional support" in the International Journal of Qualitative Studies on Health and Well-being.

This study aimed to identify how the faculty within health science fields at higher education institutions saw challenges related to the COVID-19 pandemic, and to give institutions the opportunity to learn how to better support faculty. Full-time faculty members were to answer two free-answer questions, and of the 39 responses received, three major themes were discovered. These themes were work-life imbalances, stress and unwellness, and unmet support needs. [Read More.](#)

Healing from the Heart: Extraordinary Personal Experiences Draw Students to the Nursing Profession

Nursing is one of the most popular academic programs at Boise State and one that dates back to the university's earliest days. Today, Boise State's on-campus and online programs produce nurses prepared for the workforce. Meet accomplished graduates and current students as they share their stories about why they chose this vital profession [here.](#)

This Master's Student is Rethinking Barriers and Increasing Healthcare Access for Hispanic Idahoans

Adrian Rodriguez grew up in Blackfoot, Idaho, and came to Boise State after high school. After numerous starts, stops, restarts, changes of direction and adjustments, a presentation from a health educator helped him find his path. "I was pursuing kinesiology and we had a health education specialist come talk to our class. To hear about her work in primary prevention was my shifting point into public health," he said.

Rodriguez received a bachelor's degree in public health in 2020. He is now pursuing a master's and working with the Family Caregiver Navigator program housed in the College of Health Sciences Center for the Study of Aging. This is a free service focused on the overall mental health and well-being of caregivers looking after ill or aging family members. The program helps clients develop a care plan and

connect to resources. As a graduate researcher and bilingual navigator in the program, Rodriguez focuses on extending these resources to the Hispanic community, the largest growing demographic in the U.S. and one disproportionately affected by adverse health outcomes. He identifies how unique barriers and cultural values – language, socioeconomics, immigration status and more – influence service utilization and caregiver roles. [Read More.](#)

Idaho State University News & Updates



Idaho State University

Idaho State University Students Deliver 86,000 Menstrual Pads Throughout the Community

ASISU marked Period Action Day by distributing a generous donation of 86,500 menstrual pads, equivalent to 173 boxes, within our local communities.

Period Action Day is aimed to support the fight against period poverty, a cause that unites voices across the menstrual movement every second Saturday in October. This endeavor also ties into ASISU's ongoing effort to assess the need for menstrual products on our campus and explore opportunities to enhance our support in campus restrooms. A team of 24 volunteers contributed to this distribution effort across ISU's campuses, eight public schools in the school district, and seven local non-profit organizations. [Read More.](#)

Emergency Medical Technician (EMT) Program Applications Now Open

Idaho State University Continuing Education and Workforce Training's EMT Program will open applications for its Spring 2024 EMT course on October 15, 2023. The priority deadline for applications is November 30, 2023. Final applications are due December 15, 2023. The EMT Program is a "by acceptance only" course. Applicants will have their applications reviewed and top applicants will be interviewed before acceptance. [Read More.](#)

Idaho College of Osteopathic Medicine News & Updates



Elementary Students Experience Dream Careers with ICOM

Idaho College of Osteopathic Medicine



The Idaho College of Osteopathic Medicine's Simulation Department is used to working with physicians in training, but last Friday, the team worked with an even younger group of aspiring health care professionals — students from Valley View Elementary School. ICOM's simulation team, with assistance from Student Doctors Jonah Heath and Nika Magnani Convertino — both second-year students at ICOM, met with students from grades 3-6 and introduced them to medical simulation. The eager students participated in a hands-on simulation experience, learned the basics of conducting a physical exam assessment, and witnessed an ultrasound demonstration of a heart.

"It was fulfilling to assist in the event because some of the kids were genuinely interested in learning about how the heart worked," said Student Doctor Jonah Heath. "It's important for kids to be exposed to many different jobs and styles of life so they can start thinking what manner of job and life they want in their future." [Read More.](#)

Student Doctors Give Campus Flu Shots

October marks the beginning of flu season, and student doctors in their second year of study at the Idaho College of Osteopathic Medicine (ICOM) are doing their part to help vaccinate. Hosted by ICOM's Student Government Association (SGA) and the Student Osteopathic Internal Medicine Association (SOIMA), second-year students administered the influenza vaccine, under physician

supervision, to their fellow students, faculty, and staff during the College's fourth annual Flu Shot Clinic.

The Centers for Disease Control and Prevention recommends everyone 6 months and older get their flu shot before the end of October. The flu can be very dangerous and even deadly, especially for children, people over the age of 65, and those with weakened immune systems. [Read More.](#)



Medical Students Practice Advanced Airway Techniques at ICOM

Airway management is an important skill for all medical trainees to practice, and a unique training event at the Idaho College of Osteopathic Medicine (ICOM) provided an opportunity for student physicians to do just that. Co-hosted by ICOM's Anesthesia Interest Group and Emergency Medicine Club, ICOM's Advanced Airway Event allowed medical students to practice various airway

management techniques. Rotating through stations, students executed a number of medical procedures used in airway management — from bag-valve-mask ventilation to cricothyrotomy.

“This is important because both emergency medicine doctors and anesthesiologists have to really make sure they know how to deal with an airway, so an event like this really allows students to see different forms of how to take control of an airway,” said Student Doctor Mohammad Abuakar, a third-year student at ICOM and President of ICOM's Emergency Medicine Club.

Airway management is the practice of evaluating, planning, and using a wide array of medical procedures and devices for the purpose of maintaining or restoring an individual's ventilation, or breathing. It is an essential skill for clinicians and airway management scenarios can range from basic and non-invasive to advanced, which uses more invasive and specialized techniques. [Read More.](#)

Medical Trick-or-Treat Helps Student Doctors Practice Clinical Skills

It's no secret that pediatric care comes with unique nuances. Performing common examinations on these pint-sized patients, such as listening to the heart and lungs, can be a challenge. The Idaho College of Osteopathic Medicine's (ICOM) “Medical Trick-or-Treat” event provided treats to children volunteering as pediatric patients while teaching student physicians some tricks in performing exams.

Organized by ICOM's Pediatric Interest Group, pediatric volunteers ranging from infants to adolescents, visited campus to trick-or-treat and participate in a non-invasive examination. Student Doctors practiced listening to the heart and lungs, checking reflexes, and conducting an abdominal exam.



“As the professionals whose purpose is to advance the well-being of children, pediatricians must be advocates for the individual child and for all children, irrespective of culture, religion, gender, sexual orientation, race, or ethnicity or of local, state, or national boundaries,” said Dr. Suzanne Rogers, Assistant Professor of Pediatrics at ICOM. “Helping our medical students experience practicing their examination skills is an essential part of the pediatrics experience. As we always say, ‘Children are not little adults!’” [Read More.](#)

Registration is Now Open for the Idaho Rural Health Association's Annual Meeting and Awards Reception

Join the Idaho Rural Health Association on November 16th, 2023, 5:30 - 9:30 PM at the Shoshone-Bannock Hotel and Event Center for an evening highlighting traditional knowledge of the health and wellness from citizens of the Shoshone-Bannock Tribes. Dinner and Rural Health Heroes Awards will be offered. Registration is limited, [register now.](#) Have questions? Please contact Diana Schow, PhD,



Nominate an Idaho Rural Health Hero

Now in its seventh year, the Idaho Rural Health Hero Awards celebrate rural health educators, community advocates, healthcare providers, and program administrators who demonstrate outstanding service and dedication to rural communities. The awards will be given at the Idaho Rural Health Association's Annual Meeting and Awards Reception on Thursday, November 16th, 2023 at the Shoshone-Bannock Hotel and Event Center.

This year's Awards honor health practitioners who are inspirational in bringing about a holistic sense of health and wellness. Nominees can be individuals or entities involved in providing healthcare for rural populations. Examples include community health workers, health clinics, traditional healers, dentists, nurses, medical assistants, primary care providers, community service organizations, social workers, counselors, community leaders, Meals on Wheels providers, nurses aides, and others.

The four nominating categories are: Cross Cultural Health and Healing, Outreach to Tribal Nations, Social Justice and Health Equity and ONE Health - Interconnectedness. [Nominations may be placed here.](#)

IDAHO RURAL HEALTH ASSOCIATION

2023 Annual Meeting & Awards Reception

JOIN US FOR CROSS-CULTURAL AWAKENINGS!

Highlighting traditional knowledge of health and wellness from citizens of the Shoshone-Bannock Tribes

DINNER & RURAL HEALTH HEROES AWARDS

*Registration limited to 170 attendees
Cost - \$10
Register at idahorha.org*

Thursday, November 16th, 2023
5:30-9:30 p.m.

Event Partners

Shoshone-Bannock Hotel and Event Center
777 Bannock Trill
Fort Hall, ID 83203

ISU College of Health & ISU Kasiska Division of Health Science | Idaho AHEC Program Office | ISU School of Nursing | ISU Department of Community and Public Health | ISU Community Health Worker Program

Questions?
Diana Schow, PhD, dianaschow@isu.edu
Melody Weaver, PhD, melodyweaver@isu.edu

What's ECHOing at ECHO Idaho?

Scheduled weekly over lunchbreaks, 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.



Please find the series and topics on deck for the month ahead on their [website](#). If you know of anyone in your network interested in attending one of the sessions, please have them register on their [website](#).

Questions? Don't hesitate to reach out. echoidaho@uidaho.edu

Idaho Community Health Center Association is eager to announce the launch of our [Minimally Invasive Dentistry on-demand training course](#). This training will be beneficial for the entire dental team, such as, but not limited to dentist providers, RDHs and assistants. The training will provide didactic education centered on strategies to increase dental access, evidence to support the use of silver ion microbials, an overview of techniques, protocols/mechanisms, and materials, as well as various other topics of great value to health center dental providers. Registration is free for Idaho CHC staff, non-member registration rate is \$20. Registrants will need to create an account on our website before gaining access to register.

[Register Now!](#)



Join Idaho CHC's Series "Workforce Rhapsody: Breaking the Mold in Talent Recruitment and Retention" November 2 and 9, 2023

Please join Idaho CHC in hearing from workforce development experts from a variety of fields that go beyond healthcare recruitment and retention. Learn from top professionals with experience working with diverse populations in both rural and urban landscapes who have successfully attracted top talent and helped retain employees at all levels of the organization. To learn more and register, [click here](#).

Workforce Rhapsody:

Breaking the Mold in Talent Recruitment and Retention

Save The Date: Please join us in hearing from workforce development experts from a variety of fields that go beyond healthcare recruitment and retention. Learn from top professionals with experience working with diverse populations in both rural and urban landscapes who have successfully attracted top talent and helped retain employees at all levels of the organization.

Jeff Greene



Trinity Health
Talent Attraction and
Marketing
September 28th

Steffannie Roache, MS, LPC



Portland State University
TI-Workforce Wellbeing
October 5th

Meagan Snyder



Kaniksu Community Health
Recruitment Campaigns
October 12th

Paula Kellerer, PhD



Idaho Business for Education
Building your Talent
Pipeline through
Apprenticeships
October 19th

Cindy Selmi



Health Outreach Partners
Organizational Self-Care
Assessment Tool
October 26th

Robyn Weiss



**Northwest Regional
Primary Care Association**
Teaching Health Centers
and Preceptor Options as
Retention Tools
November 2nd

Deni Hoehne



Winco Foods
Employee Engagement
November 9th



Every Thursday beginning
September 28th
- **November 9th**
12:30 - 1:15 PM MST

Registration now open,
scan for more information!

Presented By:



In Partnership With:



The National Organization of State Offices of Rural Health (NOSORH) Announces This Year's National Rural Health Day Event!

Join us on November 16, from 3-4 PM ET, and get ready to be informed and inspired as we explore strategies at both the state and national levels to enhance the well-being of rural Americans. Hear directly from the newly established CDC Office of Rural Health about their mission and vision. Plus, don't miss inspiring case studies from the field featuring transformative work in Texas and Virginia.



Together, we'll strengthen rural health, one success story at a time. [Register Now.](#)

The 2024 NHSC Students to Service Loan Repayment Program (NHSC S2S LRP) application cycle is open through December 7, 2023.



Are you burdened with student loans? Don't miss out on the chance to receive up to \$120,000 in tax-free loan repayment with the National Health Service Corps Students to Service Loan Repayment Program (S2S LRP). In return, you provide at least three years of service at an NHSC-approved site in a designated Health Professional Shortage Area. [Learn more and apply 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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