

Connections

2014 Spring Report

Communities to better health.

Volume 4 Number 1

"I'm so excited to be presented with an opportunity to speak at a national conference regarding the role of pharmacists in not only the clinic setting, but also in rural health care."



Alyssa Osborn Howard, 2012 REHPS Student - SDSU/Pharmacy Graduate

At the National AHEC conference in Charlotte in July, she will talk about the REHPS program and starting her career at Redfield.

Communities and students ready for REHPS in year four

In its fourth year, the Rural Experiences for Health Professions Students Summer Experience program keeps growing in so many ways.

REHPS Program Manager Cheri Buffington will travel 5,000-plus miles, crossing the state visiting the following sites: Bowdle, Custer, Miller, Parkston, Philip, Platte, Redfield, Sisseton, Wagner, Webster, Wessington Springs and Winner. Two new sites were added: Bowdle and Webster. More growth translates to three more students in 2014, up to 21 from 18 in 2013.



The 2014 participants in the REHPS Summer Experience are geared up to move to their host communities. Find out who they are on page 3.

The unique interprofessional program also added another school participant to the mix. Mount Marty College joins South Dakota State University and the University of South Dakota.

The REHPS program will receive funding support from the South Dakota Department of Health - Office of Rural

Health for the 2014 Summer Experience. The initial three years were funded through a HRSA grant.

The REHPS Summer Experience works to increase the number of health professions students who have had a positive experience in a rural South Dakota setting and to promote interprofessional learning. Both objectives work toward a goal of increasing the number of practicing professionals in rural South Dakota. At the conclusion of 2013, REHPS Summer Experience program had several graduates returning to rural areas to begin their careers. Look for that to continue in 2014.



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Cheri Buffington

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Healthcare workforce issues topics of student-produced videos

- Six teams of South Dakota high school students received healthcare video contest awards recently. See page 5 for details. Watch all the winning videos online at www.yrahec.org.



The South Dakota Area Health Education Center (SD AHEC) has a mission to "connect students to careers, professionals to communities, and communities to better health." Established in 2009 through a HRSA grant awarded to the Sanford School of Medicine, the statewide program currently has two centers, the Yankton Rural AHEC and the Northeast AHEC.

Kids: Don't forget to brush

South Dakota youth will have a brighter smile thanks to a project promoting oral health as February was National Children's Dental Health Month.

The Yankton Rural Area Health Education Center collaborated with Delta Dental of South Dakota to raise awareness of the importance oral health care plays on the over-all health and wellbeing of children. Several libraries across the southern part of the state received dozens of free toothbrushes. The child-size scrubbers came in a rainbow of colors. Yankton Rural AHEC also directed participants to the American Dental Association website, which hosts a variety of facts and fun activities that encourage children to take up the healthy habit. The link is: www.ada.org/ncdhm.

Libraries participating in this project include: Beresford Public Library, Canton Public Library, Chamberlain's Cozard Memorial Library, Custer County Library, Edgemont Public Library, Freeman Public Library, Gregory Public Library, Hot Springs Public Library, Jackson County Library, Kyle's Little Wound Schools Library, North Sioux City Community Library, Piedmont Valley Library, Rapid City Public Library, Spearfish's Grace Balloch Memorial Library, Springfield's Evelyn Lang Library, Vermillion's Edith B. Siegrist Public Library, and Yankton Community Library. These libraries also took part in displaying the Yankton Rural AHEC informational tri-fold kiosk, allowing patrons to become familiarized with the AHEC's mission. Future collaborations are in the works.

Library activities and the free toothbrushes reinforced the importance of oral health. Libraries posted the "Join the Super Smile Team" American Dental Association poster describing how it is important to brush for two minutes, twice per day.

"Children who develop good oral hygiene will enjoy life long benefits of not only healthy teeth and gums but systemic health as well," said Pat Vavra, K-12 Programming Specialist with Yankton Rural AHEC.

Vavra added that exposing youngsters to the importance of healthy teeth and how oral health plays a role in overall health could spark an early interest in healthcare careers.



Pat Vavra, right, with Yankton Rural Area Health Education Center, delivers story hour toothbrushes to Joyce Brunken, Senior Library Assistant, at the Yankton Community Library.

CNA Institutes on tap for '14

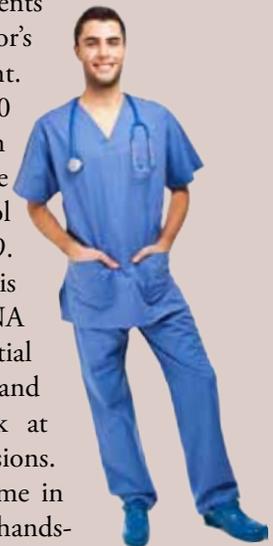
High school students interested in a rewarding healthcare profession can enter the field in a short two weeks thanks to the Certified Nursing Assistant (CNA) Institute – an Avera Caring With Collaboration Award winner - being held in Yankton, June 2-13, 2014, and Mitchell, July 7-18, 2014. The Regional CTE CNA Camp in Yankton, June 16-27, is new for students thanks to a Governor's 2014 CTE grant.

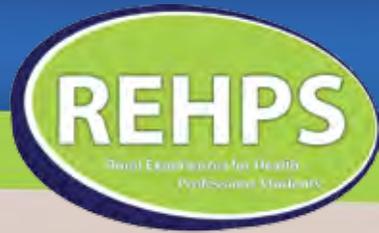
Space is limited to 10 participants at each site. The Institutes are open to high school students ages 16-19.

The Institute is designed to offer CNA certification, potential high school credit, and a comprehensive look at healthcare professions. Students will invest time in the classroom, with hands-on labs, in clinical training, listening to guest speakers, and making site visits to various healthcare facilities in Yankton or Mitchell. This is a great opportunity for students to learn skills that they can put to work in their local or area communities. And, the experience many times leads to additional healthcare career goals.

Yankton Rural AHEC, RTEC, Southeast Job Link, Benedictine Sisters, Wells Fargo, Yankton Area Foundation, WalMart, Avera Education and Staffing Solutions (AESS) and Avera Sister James Care Center team up to make the Sixth Annual CNA Institute in Yankton possible.

Yankton Rural AHEC, AESS, DWU, Wells Fargo, WalMart and Avera Brady Health and Rehab join together to offer the Second Annual Mitchell CNA Institute.





2014

Watch for blogs this summer at: www.rehps.org

Custer

Rebecca Hruby
Doctor of Nursing Practice
SDSU



Ashley Pederson
Pharmacy
SDSU



Miller

Catherine Creech
Pharmacy
SDSU



Kimberly Schmidt
Doctor of Nursing Practice
SDSU



Parkston

Paul Berndt
Medicine
SSOM/USD



Cody Maxwell
Pharmacy
SDSU



Philip

Brittany Garner
Physician Assistant
USD



Amanda Nelson
Pharmacy
SDSU



Platte

Rose Fitzgerald
Pharmacy
SDSU



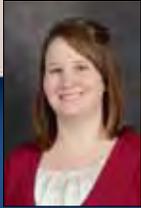
Watch for blogs this summer at: www.rehps.org

Redfield

Randall Waldner
Medicine
SSOM/USD



Brittany Williams
Pharmacy
SDSU



Bowdle & Webster join REHPS lineup

Bowdle

Mindy Lucklum
Pharmacy
SDSU



Mollie Sloat
Pharmacy
SDSU



Webster

Francoise Bansenga
Master of Nursing Science
MMC



Dawn Holborn
Pharmacy
SDSU



Sisseton

Ryan Buse
Medicine
SSOM/USD



Eddy Ekobena
Pharmacy
SDSU



Wagner

Kelsey Eneboe
Pharmacy
SDSU



Kristin Wempe
Medicine
SSOM/USD



Winner

Hubert Lahr
Pharmacy
SDSU

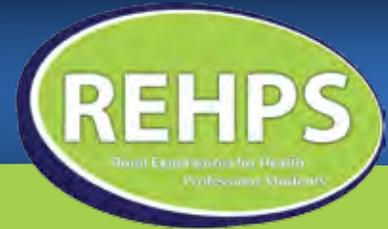


Chance Wachholz
Pharmacy
SDSU



MMC: Mount Marty College
SDSU: South Dakota State University
USD: University of South Dakota
SSOM: Sanford School of Medicine





Students preparing to help in a disaster

More than 300 healthcare students met in Vermillion Jan. 31 to ready themselves to assist others in a potential, future disaster.

Disaster Training Day, held on the University of South Dakota (USD) campus, is designed to prepare future healthcare professionals to assist their communities should a disaster strike. In the past three years, 1,355 students have participated with 567 becoming certified in Core Disaster Life Support (CDLS) from the National Disaster Life Support Foundation (NDLSF). South Dakota is no stranger to disasters. Since the beginning of 2010, there have been 12 federally declared disasters in the state.

Along with CDLS certification, students were given the opportunity to register with the Statewide Emergency Registry of Volunteers in South Dakota (SERV SD). This registry coordinates the pre-registration of medical and healthcare professionals who are willing to volunteer during disaster situations.

Six NDLSF certified instructors from South Dakota, who covered the essentials of disaster preparedness and how to perform effectively and safely in a disaster, provided CDLS training. Additional breakout sessions focused on triage, anaphylaxis, psych first aid, immunizations and points of dispensing (POD). University faculty, Department of Health employees, Physician Leaders, and First Responders led the sessions.

On Jan. 31, 318 healthcare students attended Disaster Training Day. Disciplines participating included pharmacy and doctor of nursing practice from South Dakota State University along with the following students from USD: dental hygiene, masters in social work, clinical lab science, nursing, physical therapy, occupational therapy, physician assistant, physician and clinical psychology.

The South Dakota Department of Health (DOH), the USD Sanford School of Medicine, USD School of Health Sciences, SDSU, the NDLS Regional Training Center for Upper Midwest and the Yankton Rural Area Health Education Center (YRAHEC) coordinated the event. The day was funded by the South Dakota DOH through a federal Health and Human Services grant.

For more information about South Dakota disaster preparedness training, contact Cheri Buffington, REHPS Program Manager at YRAHEC in Yankton, SD, at 605-655-1400.



Dr. Matt Owens, of the Redfield Clinic and Community Memorial Hospital, provided Core Disaster Life Support training. Dr. Owens is the Medical Director of the Upper Midwest National Disaster Life Support Training Center.

REHPS students to assist in building wellness coalitions

REHPS students will work to build a wellness coalition foundation in their host communities this summer. The effort is coordinated by Suzanne Stluka, Food & Families Program Director, with South Dakota State University (SDSU) Extension in Brookings as part of her role with the Transdisciplinary Childhood Obesity Prevention (TOP) Graduate Program at SDSU. The goal of the TOP program is to provide an innovative, research-based graduate education program that includes transdisciplinary experiential learning opportunities in the field of childhood obesity prevention.

According to the 2010 Dietary Guidelines, a coordinated, system-wide approach is needed to reverse our environments that encourage overeating and low physical activity thus leading to high rates of overweight/obese residents and overall poor health. All sectors of society play a role in this trend and can play a role in reversing the current path. The REHPS program is collaborating with the TOP program in order to create and maintain new partnerships that include working with new disciplines to strengthen a transdisciplinary approach in obesity prevention.

REHPS students will conduct key interviews with several public entities, agencies or key stakeholders who have an interest in community wellness. They will gather information relating to past efforts, existence of wellness groups, wellness success stories and wellness challenges. Students will identify community contacts that may serve or take the lead in a local wellness coalition.

Future students will continue the efforts begun during the summer of 2014.

During the first three years of the REHPS summer experience, students choose to educate the community on a variety of topics such as West Nile, sun safety, blood pressure screenings, unused medication take back programs and blood sugar checks. This year represents the first time all the students will be focused on the same project in each community.



Students unleash creativity in video contest

Six teams of South Dakota high school students told the story of the state's healthcare workforce shortage and creatively promoted healthcare careers to their peers through short videos. Their work earned cash prizes.

The contest is sponsored by the SD Association of Health Care Organizations, the SD Healthcare Workforce Center and Yankton Rural AHEC. Entries focused on one of two categories: healthcare workforce shortage in South Dakota or the promotion of healthcare careers.

Winners in the workforce shortage category are: (First) Aberdeen team of: Amber Bellikka, Jessica Foster, Shayle Finnesand, Chance Glaser, Carly Hubert, Paige Hoffman, Emily Miller, Alexis Rath, Brandon Ronning, Hailey Sumption and Kaitlyn Weisenburger; (Second) Madison team of: Erin LeMair and Brendon Klopff; (Third) Highmore team of Bennett Peterson, Brady LaMont, Tristan Ashdown, Sydney Cowan and McKenzie Silberberg.

Winners in the career promotion category are: (First) Beresford team of Maddie Antonson, Hannah Hepner, Tiffany Hoffman and Megan Dahlin; (Second) Beresford team of Devin Erlandson, Shelby Bickett, Arianna Lyle and Lexi DeLay; (Third) Beresford team of Christian Wilson, Abigail Wiebers, Alexandra Johnsen and Bailey Nelson.

Videos featured nursing and childlife specialists along with physical therapy. One team took a documentary approach to the healthcare workforce shortage and others a more humorous delivery to get their peers' attention.

Videos were judged on four criteria: educational value, entertainment value, originality and content. Videos were less than 5 minutes in length. They are posted at www.yrahec.org. First place in both categories shared a \$750 prize, second place finishers received \$500 and third, \$250.



Free continuing ed credits available

Participants can earn up to 2.2 AMA PRA Category 1 CME credits by completing the ER/LA Opioid REMS: Achieving Safe Use While Improving Patient Care course. This course is presented at no charge through an unrestricted educational grant received by Yankton Rural AHEC.

Debra Farver, Pharm.D., Professor of Pharmacy Practice at South Dakota State University's College of Pharmacy, presents the course that was developed by nationally known experts in the ER/LA opioid field.

The webinar is pre-recorded. Participants can complete the course at their own pace. Register at www.yrahec.org. To receive credit, coursework must be completed by July 31.

The intended audience includes: primary care physicians, addiction medicine physicians, pain management physicians, hospice-palliative care physicians, psychiatrists, neurologists, psychologists, physician assistants, nurse practitioners, therapists, addiction counselors, social workers, any healthcare professional working with addiction, smoking cessation or pain management-related issues.



Debra Farver,
Pharm. D.

Yankton Rural AHEC unveils new website



Yankton Rural AHEC launched a redesign of its website in March. Look for regular updates and links to health career information for students and professionals. The address remains the same: www.yrahec.org.

Upcoming Events -- Save the Date

- June 2-13 CNA Institute, Yankton
- June 16-27 Regional CTE CNA Camp, Yankton
- July 7-11 National AHEC Organization Conference, Charlotte, NC
- July 7-18 CNA Institute, Mitchell
- Sept 8, 10, 11 SD Fall School Counselor Workshops
- Sept. 10-11 SD Coalition for Military Families (SDCMF) Conference, Sioux Falls
- Sept. 24 SDAHO 2014 Annual Convention, Sioux Falls

Yankton Rural AHEC participated in the Health and Safety Fair in Yankton, April 24. More than 200 fourth graders attended. YRAHEC educated youth about the importance of proper handwashing.

Yankton Rural AHEC participated in several career exploration events this Spring. Above: Women in Science/Sioux Falls, Middle: Make It Count/Wagner, and Bottom: Camp Med/Chamberlain.



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