

AHEC Team Report Form

Regional AHEC: Northern WVRHEC

Dates of AHEC rotation: 10/3/08 to 10/31/08

Students/Residents Participating:

Name	Discipline	School/Residency Program
Kristine Busconi	BSN	WVU
Lindsey Cochran	BSN	WVU
Anna Dintini	PharmD	WVU
Marissa Hilton	BSN	WVU
Julia Myers	BSN	WVU
Elaine Orso	BSN	WVU
Dana Stone	PharmD	WVU
Rebecca Targoff	BSN	WVU
David Wilson	Family Med Resident	WVU

Preceptor(s) in charge of AHEC team:

James Malone, DO

Continuing education of faculty development events *(please include number of people attending, broken down by faculty, students/residents, and community members):*

N/A

AHEC Team Member education:

Team held weekly meetings at Tygart Valley Rehab & Wellness. At the first meeting, Lew Holloway, Sonnie Strader and Eric Shaw (PT, Tygart Valley Rehab and Wellness) discussed the work completed by previous IDTs focusing on NEW You and hosted @ Tygart Valley Rehab & Wellness. The IDT was encouraged to consider incorporating all or a portion its efforts toward the development of a project intended to increase the number of CARDIAC screenings @ Taylor Middle School. After considerable discussion during the entire first and into the second meeting, the IDT decided to develop a "skit" they would perform on 11/21/08 (a week before the CARDIAC screenings) for all the 5th graders intended to address several of the identified barriers associated with returning the CARDIAC forms and being screened. The IDT's goals were to; 1.) increase awareness among Taylor County 5th graders & their parents about the benefits of participating in CARDIAC; 2.) decrease apprehensions a 5th grader may have toward participating in CARDIAC; 3.) increase awareness of the NEW You initiative among Taylor County 5th graders & their parents. As part of the promotion for the "skit" the IDT drafted a letter to the parents of 5th graders. The letter was given to all 5th grade teachers who passed out the letter to their students. The letter was brought home the week before the "skit" was performed and the arrival of the CARDIAC sign-up forms. As an incentive to return the CARDIAC sign-up forms students were eligible to win one of 10-\$40 gift certificates to Dicks Sporting Goods. In addition students who actually participated in the CARDIAC screening were eligible to win a mountain bike and helmet. Beginning with Week Two, the resident leading the IDT David Wilson conducted case studies relating to risks factors associated with overweight and obesity in children. In addition, NWVRHEC staff discussed team project parameters, expectations and goal setting in the first meeting.

Counties assessed by students/residents:

Taylor County

Healthy People Objective(s) addressed:

Number 19: Nutrition and Overweight: 19.10 Reduce the proportion of children and adolescents who are overweight or obese by 5% from baseline. Overweight or obese is defined as equal to or above the gender and age-specific 95th percentile of BMI from NCHS/CDC growth charts.

Number 22 Physical Activity and Fitness: 22.4 Increase to 30% the proportion of adolescents who engaged in Moderate physical activity for at least 30 minutes on five or more of the previous seven days.

Assignments given students/residents:

During the first three meeting the IDT split into several work groups with each focusing on a specific activity. These included:

1. Drafting the parent letter (see letter at end of report).
2. Drafting a brief set of instructions to teachers (see instruction at end of report).
3. Writing the script for the "skit" (see script at end of report).
4. Developing a props lists and assembling these items for the 10/21 intervention.

Pew Competencies selected by students/residents: *(number in parentheses is number of students who selected that competency):*

1. Embrace a personal ethic of social responsibility and service. ()**
 2. Exhibit ethical behavior in all professional activities. ()**
 3. Provide evidence-based, clinically competent care. ()**
 4. Incorporate the multiple determinants of health in clinical care. (1)**
 5. Apply knowledge of the new sciences. (1)**
 6. Demonstrate critical thinking, reflection, and problem-solving skills. (1)**
 7. Understand the role of primary care. ()**
 8. Rigorously practice preventive health care. (2)**
 9. Integrate population-based care and services into practice. (1)**
 10. Improve access to health care for those with unmet health needs. (1)**
 11. Practice relationship-centered care with individuals and families. (1)**
 12. Provide culturally sensitive care to a diverse society. ()**
 13. Partner with communities in health care decisions. (1)**
 14. Use communication and information technology effectively and appropriately. ()**
 15. Work in interdisciplinary teams. (2)**
 16. Ensure care that balances individual, professional, system and societal needs. ()**
 17. Practice leadership. (1)**
 18. Take responsibility for quality of care and health outcomes at all levels. ()**
 19. Contribute to continuous improvement of the health care system. (1)**
 20. Advocate for public policy that promotes and protects the health of the public. (1)**
 21. Continue to learn and help others learn. (1)**
- **Number of students selecting competency.

Interventions implemented by students/residents *(include brief description of intervention, including number of community members impacted):*

After considerable discussion during the entire first and into the second meeting, the IDT decided to develop a "skit" they would perform on 11/21/08 (a week before the CARDIAC screenings) for all the 5th graders intended to address several of the identified barriers associated with returning the CARDIAC forms and being screened. The IDT's goals were to; 1.) increase awareness among Taylor County 5th graders & their parents about the benefits of participating in CARDIAC; 2.) decrease apprehensions a 5th grader may have toward participating in CARDIAC; 3.) increase awareness of the NEW You initiative among Taylor County 5th graders & their parents. The IDT preformed the CARDIAC/NEW You "skit" before 150 5th grade students.

Sample of data collected:

N/A

Summary of community interventions:

10/21/08 – Performed CARDIAC/NEW You “skit” before 150 5th grade students attending Taylor County Middle School (NWVRHEC did record the performance and will make copies available to its partners and the program office).

Findings of the AHEC Team:

1. The way the 5th graders responded to the skit was great and the IDT felt it went well.
2. Blood pressure of 5th grader should be around 110/70.
3. Need to focus on the parents. Parents have the control.
4. Letter explaining some of the risks of obesity for their child. Letter could stress that a child does not have to be obese to be at risk. This may help parents who tend to focus only on weight.
5. Show some diagrams that show what happens to blood vessels to child who are at risk.
6. Parents are a bigger obstacles than what was initially thought and their concerns or disinterest needs to be addressed in order to increase participation in CARDIAC screenings.
 - a. Parents may not understand the screenings purpose.
 - b. IDT could not contact the parents directly. This might be addressed by involving the middle school in the actual IDT project or by having the school contact the parents for the IDT.

General Finds

1. The IDT was a much better experience than IDS. Developing and implementing a project with a clear beginning and end gave the students a sense of purpose and value. Felt as if they were accomplishing something and not just wasting their time.
2. The IDT allows students feel as if they are going to make a difference. After graduation it may give more understanding of how valuable community based care can be.
3. Prevention can be valuable.
4. Case studys helped students remember what they learned in the classroom.
 - a. Need to be careful that they don't talk over their heads. For nursing focus should be about “care.”

Recommendations of the AHEC team:

1. Present the same information and performance to the Taylor County PTA.
2. Explore how the use of the video of the performance might be available to future 5th graders prior to CARDIAC screenings.
3. Publicize the CARDIAC screenings on local TV, radio, & public broadcasting opportunities.
4. Develop a 5th grade survey to better understand why students do not return CARDIAC application papers and participate in screenings.
5. A future IDT could visit each 5th grade class to increase awareness and encourage the return of the CARDIAC application papers.



Dear Parent:

On Tuesday, October 21, your child will be bringing home an application for the Coronary Artery Risk Detection in Appalachian Communities (CARDIAC) Project. CARDIAC is being conducted in an attempt to lower the incidence of cardiovascular diseases, diabetes, and stroke in West Virginia. With your and your child's consent, we will check your child's height, weight, and blood pressure. Then we will check your child's blood for cholesterol. If your child completes the screening, you will also be eligible to have the blood test. All blood work will be of **no charge to you or your child.**

If, once screened, your child is found to be at risk, he/she will be eligible for the NEW You program at Tygart Valley Rehabilitation and Fitness. The NEW You program focuses on Nutrition, Exercise, and Weight Management to teach families how to eat properly and exercise with a goal of weight management in order to decrease the risk of chronic diseases such as stroke, diabetes, obesity, and heart disease.

For questions about CARDIAC, please call 1-866-347-4757. For questions about the NEW You Program, please call Eric Shaw at 304-265-2191.

Sincerely,

Tygart Valley Rehab & Fitness Interdisciplinary Team



- Upon completion of the CARDIAC consent form, your child's name will be entered into a drawing for **\$40 Gift Certificate at Dick's Sporting Goods** to be used toward a new pair of tennis shoes!
- Ten gift certificates will be given away!
- There will be a drawing for a **GRAND PRIZE MOUNTAIN BIKE** given away to one child who completes the screening!!!!

Attention Teachers:

Please help us get the kids excited about CARDIAC screening by telling them about the prizes that can be won by participating in the screening on November 6th.

Prizes include:

- A chance to win one of the 10 gift cards for \$40 at Dick's Sporting Goods for students returning their CARDIAC form.

AND

- A chance to win a mountain bike for students participating in the CARDIAC screening on November 6th.

Thanks for helping!!

Tygart Valley Rehab and Fitness Center, and the Northern WV Rural Health Education Center Interdisciplinary Team

Characters

1. Unhealthy Kid- Becca
2. Healthy Kid- Elaine
3. Nurse-Marissa
4. NEW U instructor- Kristine
5. C.A.R.D.I.A.C Man- Lindsey
6. Friends at NEW U- Dana, Anna, Julia

Opening Scene (EVERYONE)

C-A-R-D-I-A-C sign

C stands for.....
A stands for....
R stands for....
I stands for....
A stands for....
C stands for....

Lew: Give introduction on CARDIAC and how the NEW U relates to their decision in taking part in the CARDIAC program.

☺ ENJOY THE SHOW ☺

Scene 1 (Day Before Cardiac)

One Day before the CARDIAC screening. The scene takes place in class. The Unhealthy Kid and Healthy kid are sitting in their desks having a conversation about whether they are going to do it or not....

Lindsey runs across the stage with a sign stating.. “ To Be or Not To Be Screened”

HK: Hey, are you getting screened tomorrow at that thing, what’s it called?? CARDIAC???

UK: NO, that sounds really dumb. It’s a waste of time. I didn’t even turn the forms in to my parents. They asked me for it, but I just told them that I never got it. Hahaha

HK: Really, I think it sounds kinda cool. I mean it’s not that big of a deal. All they do is check your height, weight, blood pressure, look at the back of your neck, and draw a little bit of blood.

UK: Ain’t nobody sticking a needle in my arm!! NO WAY

HK: Man, it does stink, but it will last like 20 seconds. Plus did you hear about the sweet stuff you get to do if you attend the CARDIAC screening??

UK: NO, what??

HK: You can win a mountain bike or different gift certificates to places like Dick's sporting goods. And ALSO if I qualify I get to be apart of the NEW U program!!

UK: THE WHAT program???

HK: The NEW U program.... We go to Tygart Valley Rehabilitation and Fitness Center and basically play in an exercise arcade. They have DDR, Video Game bikes, sportwall, and a kilowatt.

UK: Really? You might be able to do that if you just go to the CARDIAC screening?

HK: Yep, you seriously missed out!!

UK: Wait... I kinda want to do it now, do you think I could.....

BELL RINGS!!!!!!!!

Scene 2 (AT CARDIAC SCREENING)

CARDIAC MAN runs across stage with sign stating.. " At the CARDIAC SCREENING"

HK is waiting in the line. Nurse is escorting the last kid our from their screening.

Nurse: You did a great job, that wasn't too bad, was it???

Kid 1: No, I was little nervous about getting my blood drawn, but you did it so fast!

Nurse: Have a great day. (Walks over to HK). You ready, your next.

HK: Ummm yeah...

Nurse: Okay well I'm just going to check your height and weight, Blood pressure and then a quick blood draw.

NURSE AND HK improve the screening.....

Nurse: Alright, that's it. Any questions..

UK: Yeah, how will I know if I get to do the NEW U program?

Nurse: We will contact your parents if you qualify for the program.

HK: Okay, thanks.....

Scene 3 (After the Screening)

Lindsey runs across the stage with sign stating, “A few weeks later...”

Packing up book bags to go home, and UK asks the HK how it went.

UK: So, how was that dumb screening?

HK: It was awesome.... Lasted like 2 minutes and now since I qualified I get to be in the NEW U program. I can't wait to play with those sweet video game bikes!! OH yeah.. did I tell you I won that new mountain bike!!!

UK: Whatever..... See you tomorrow

BELL RINGS!!!!

Scene 4 (At the NEW U program)

Linsey runs across stage with sign stating, “At the NEW U program)

**HK walks in shyly and nervous because he doesn't know anyone.
Two of the kids using the weights laughing with another participant.
Instructor walks in and greets the HK..**

Instructor: Hey there, are you here for the NEW U program?

HK: Yeah.

Instructor: What's your name?

HK:.....

Instructor: Awesome, well as you can see you are going to have a lot of fun and you will learn a lot of really helpful things to keep you healthy, like well- balanced diets and weight maintenance. Over there is Anna and Julia.

Anna and Julia: Hey!!!

Instructor: This is Dana...

Dana: Hey, finally, I needed someone to get here so I can play against someone. Wanna play??

HK: What is it?

Dana: DDR... It's a lot of fun, but just to let to know your going DOWN!!!!

HK: haha I doubt that. IT'S ON!!

Scene 5 (Twenty Years Later)

Lindsey runs across stage with sign stating, "20 years later!!!"

IMPROV

CLOSER

Lew comes out and thanks them for their time and hopes they enjoyed the show. Reiterate, turning your forms, talking to your parents, and GOING TO THE CARDIAC SCREENING!!!!

!!!!!!EVERYONE BOWS TOGETHER!!!!!!