



**Northern West Virginia
Rural Health Education Center**
Dedicated to Community Health

Region 1

Hancock, Brooke, Ohio, Marshall, Wetzel

NWVRHEC Region 1
July, August, September 2009

Weirton, WV – Successfully Removed from the Restricted Cities List

Health profession students may now take advantage of the numerous opportunities available in the Weirton area since Weirton has successfully been removed from the Restricted Cities List. The NWVRHEC Region 1 staff worked diligently during 2009 to see this mission accomplished. It was with the guidance, direction and support

of the entire RHEC/AHEP staff, NWVRHEC Board of Directors, Health Science Center staff and other caring individuals throughout the state of WV that made this possible.

*We Thank You, the students
Thank you and the Weirton
Community Thanks You.*

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RHEP Students Support “Back to School” Fairs In Marshall Co. and Ohio Counties

Back-to- School Fairs are annual events held in Marshall and Ohio counties during August. The goal of these fairs is to ensure that every child is equipped with necessary school supplies. The fairs are supported by numerous area businesses and agencies.

RHEP students presented health information related to tobacco use, body mass indexing and exercise, and conducted blood pressure screenings while counseling many youth and adults. Dance, Dance Revolution was again popular with the young people and shows how exercise can be great fun.



Above - Park Bateson and Dominic King express the feelings of fat and muscle. Left - Bianca, Stacey, Kassandra, Audrey, Dominic and Park prepare for the fair.



Left – Dangers of Tobacco display. Right – Dance, Dance Revolution a favorite activity.





**WVU Physical
Therapy**

Childhood Obesity SOLE Project

Seventeen RHEP students from Region I completed the July online interdisciplinary SOLE Module on Childhood Obesity. Physical Therapy students were inspired to develop a brochure on Body Mass Index which covers the definition of obesity, why more children are afflicted, what the long term effects are, and how to make changes in lifestyle to reduce obesity. For more information contact Brittany Hagerty @ bhagert3@mix.wvu.edu

CARDIAC Project – 2009 - 2010

NWVRHEC Region I – counties Hancock, Brooke, Ohio, Marshall, and Wetzel

CARDIAC – Coronary Artery Risk Detection in Appalachian Communities – is in full swing in Region I. Thirty schools have been scheduled for screening beginning in mid Sept. and to be completed by Nov.18, 2009. Schools in Brooke County will be completed in the early months of 2010.

On Tuesday, October13, 2009 a one day screening was scheduled for all Catholic Elementary schools in Ohio County. This event was held at Wheeling Jesuit University. The NWVRHEC staff was thrilled to have members of RSVP – Retired & Senior Volunteer Program – assist with registration of over 80 students. Students from Corpus Christi, Wheeling Catholic, St. Michael, St. Vincent, and Our Lady of Peace participated in the screening.

By the end of October screenings will be completed in 23 schools with over 300 CARDIAC Kid (5th grade) screenings and over 200 Kinder, TOO, and 8th grade screenings.

The NWVRHEC Region I staff would like to thank Reynolds Memorial Hospital, Wetzel County Hospital, Wheeling and OVMC Hospital, WVNCC, and all preceptors, RHEP students, and RSVP for assisting with the CARDIAC project.



Left – RSVP members assisted with Catholic Elementary screenings.

Rosemary Guerriero and Karen Palmer faithfully serve as phlebotomists for Region I.



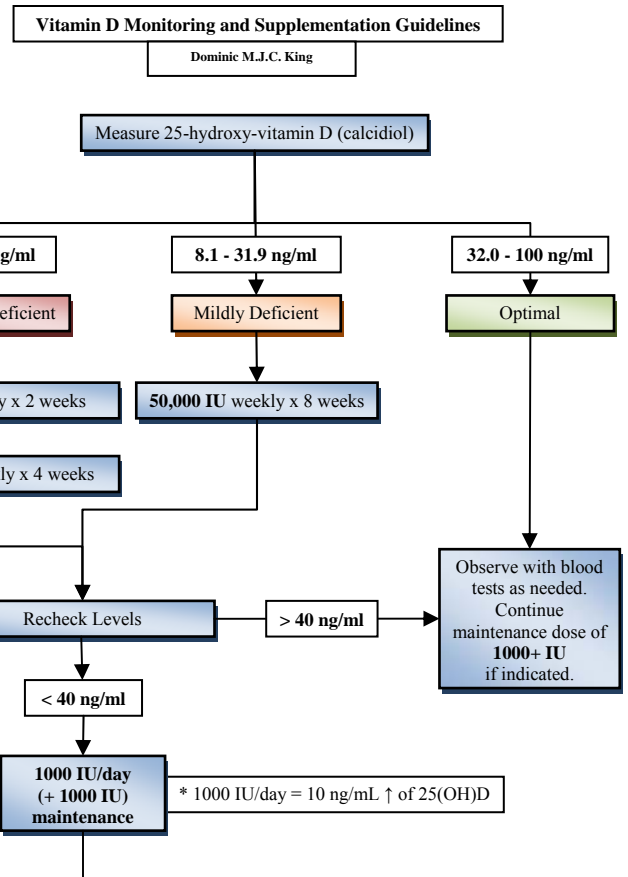
Left – Students enjoyed swimming in the Wheeling Jesuit University pool following the CARDIAC screening.

Students Serve Local Health Departments In Brooke and Marshall Counties

Medical students rotating in Region I during July and August assisted both the Brooke and Marshall County Health Departments with STD, Family Planning, Immunization and Blood Pressure Clinics. Ms. Karen McClain, MSN (Brooke Co.) and Ms. Ronda Francis (Marshall Co.) were instrumental in setting up these opportunities. RHEP students were impressed with the experiences they were afforded in these settings. Watching and listening to health care providers in the health department setting instilled a respect for the role they play in contributing to society and especially the underserved.

RHEP Student Completes Vitamin D Research

Dominic M.J.C. King, a third year student at WV School of Osteopathic medicine, recently rotated with Dr. Patsy Cipoletti (Wellsburg, WV). He and Dr. Cipoletti found themselves evaluating many patients with low levels of vitamin D which acts much like a hormone in the body, helping regulate calcium, strengthen bones, and regulate immune functions and neuromuscular signaling as well as playing a role in the reduction of inflammation. Realizing the absence of a steadfast algorithm for diagnosing and treating this deficiency Dominic researched several scholarly articles in addition to a survey of more than 40 physicians who treated vitamin D deficiency. Armed with this information he assembled the attached flowchart: "Vitamin D Monitoring and Supplementation Guidelines". The flowchart outlines different classes and the treatment/management of the deficiency. Dominic paid special attention to the National Institutes of Health recommendation of not administering more than 2,000 IU of vitamin D to patients over 1 year of age, as to prevent vitamin D overdose and toxicity. Dominic also notes that this flowchart is to be used in conjunction with appropriate thorough histories and physicals of patients in order to be fully efficacious. For additional information contact dking@wvsom.edu



Adapted from the following resources:
 Legacy Health System 25-Hydroxy Vitamin D and Calcium Reference Ranges Updated, January 2008.
 Heaney RP. The vitamin D requirement in health and disease. J Steroid Biochem Mol Biol 2005;97(1-2):13-99.
 Heaney RP. Long-latency deficiency disease: insights from calcium and vitamin D. Am J Clin Nutr. 2003;78(5):912-919.
 Sutton AL, MacDonald PN. Vitamin D: more than a "bone-a-ide" hormone. Mol Endocrinol. 2003;17(5):777-791.
 Thomas MK, Demay MB. Vitamin D deficiency and disorders of Vitamin D metabolism. Endocrinol Metab Clin North Am 2000;29:611-27.

Bonnie's Bus – Arrives in Brooke County

Bonnie's Bus is a mobile mammography unit offering digital mammograms. The 40-foot-long mobile unit, underwritten by a \$2.5 million gift from West Virginia natives Jo and Ben Statler to West Virginia University's Mary Babb Randolph Cancer Center, is owned and operated by WVU Hospitals. The bus is named after Mrs. Statler's late mother, Bonnie Wells Wilson.

Bonnie's Bus represents a statewide partnership of women's groups, clinicians, public health professionals and other community leaders to help reduce the number of deaths from breast cancer in West Virginia.

For information on Bonnie's Bus see <http://www.hsc.wvu.edu/mbrcc/bonnie/>.

A physician's order is needed for a mammogram. Watch for a tour coming to your area.



Pictured at the Aug. 5th tour in Brooke County are Sandy Rogers, John Walters, students Sana Muntajibuddin, Coleen Colahan, and Anna Meckley.

Red Cross Blood Drive

December Richards, a senior at Cameron High School sponsored a Red Cross blood drive on Fri. August 14, 2009 at the Cameron Community Health Center. The 29 units of blood collected will earn December a \$750.00 college scholarship. Thank you Red Cross, CCHC and Cameron residents!!

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"I really appreciated the practicality of the IDS because Dr Mascio led us through his transition process from using paper to electronic records. We will all be facing this in our future, albeit in the hospital or private practice setting."

Coleen Colahan
WVSOM (class of 2011)

MicroMD Electronic Medical Records Subject of August IDS

MicroMD - a powerful combination of Practice Management and electronic Medical Records software is utilized with great success in the Family Medicine practice of Dr. Stephen Mascio in Follansbee, WV. Twelve RHEP students were privileged to receive training from both Dr. Mascio and representatives from the Henry Schein Medical Systems Corporation at an IDS on August 5, 2009.

More than 10,000 physicians in primary care and all major specialties rely on MicroMD to streamline and simplify their business operations and clinical workflow. We greatly appreciate Dr. Mascio for taking time to educate students regarding a electronic record-keeping which will increase in the future of health care.

