



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

Region 2

Calhoun, Doddridge, Gilmer, Pleasants, Ritchie, Tyler, Wirt, Wood

Quarterly Report
October - December, 2009

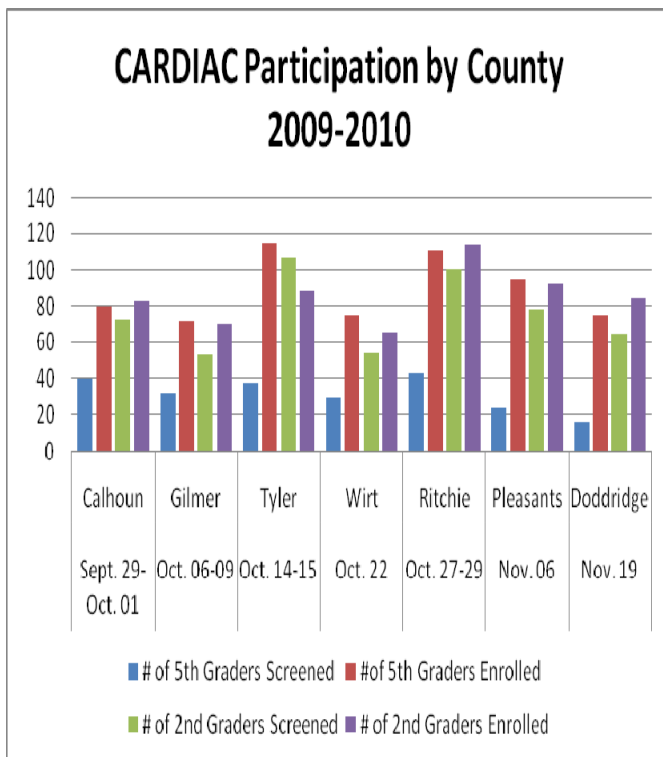
NWVRHEC Region 2 Thanks Agencies for Participating in CARDIAC

NWVRHEC would like to take this time to thank the following for participating in the CARDIAC program and providing staff to complete the blood draws:

- Minnie Hamilton Health System
- Sistersville General Hospital
- Coplin Memorial Clinic
- Pleasant County School Nurses
- Doddridge Family Medicine



Stephanie Williams, Phlebotomist, performing blood draws at Wirt County Middle School



Rose Stalnaker, (WVU Tech Nursing student) Judy Brannon, (MHHS) Jeanette Mace, (WVU Tech Nursing student) Kayla Black, (WVU Nursing student) Alisa Shepler, (Ritchie County School Nurse) and Sheena Geer, (WVU-C NP student) at Harrisville Elementary

CARDIAC HIGHLIGHTS



Bev Ferguson, Gilmer County School Nurse, Toni Bishop, Glenville Elementary School Principal, Nathan Pritt, 5th Grader, Nancy McVaney, 5th Grade Teacher, and Tracy Beall, WVU Tech Nursing Student at Glenville Elementary School



Tomaia Lashbrook, Phlebotomist, Donna Jackson, MT, Sistersville General Hospital, Vanessa Anderson, Mid Ohio Valley Technical Institute Student, Joseph Blatt, West Virginia University Medical Student, Pam Porfeli, Mid Ohio Valley Technical Center Instructor and Region 2 Board Member and Caitlyn McCaman, Mid Ohio Valley Technical Institute Student at Arthur I. Boreman Elementary School



Preston Gardner, WVSOM 3rd Year Med Student recording height/weight at Wirt County Middle School



Sabrina Anderson, WVU Tech Nursing Student taking blood pressures at Wirt County Middle School



Jeanette Mace and Rose Stalnaker, Nursing Students, recording 2nd Grade height and weight at Pleasant Hill Elementary



Keri Straight, Pleasants County School Nurse, Angel McDonald and Ryan Miller, 5th Grade Students, George Wells, Principal at Pleasants County Middle School

WVU Tech Nursing Students Attend Wirt County Grandparents Heritage Day

"A lot of people we talked to had no idea how bad some of the things they were eating on a daily basis really were."

4th Year WVU Tech Nursing Students

WVU Tech Nursing Students, Sabrina Anderson and Kelly Goff attended the annual Wirt County Grandparent's Heritage Day held at Wirt Primary Center. This event was attended by more than 400 people. There were many activities and displays on hand for the participants.

Sabrina and Kelly set up a table displaying nutrition information including fat and sugar portions in food and recommended portion sizes.

The students focused on nutrition education by explaining the importance of eating healthy to both adults and children.



Sabrina Anderson and Kelly Goff display nutrition education

NP Student attends CCCOA Fall Health Fair

The Calhoun County Committee on Aging hosted their annual Fall Health Fair in Grantsville, WV on November 4, 2009. The event was scheduled from 7:00 a.m. – 11:00 a.m.

There were various free and low cost health screenings, including blood work available to those who wished to participate, along with other health information displays. Vendor participation was high and booth space was limited. Northern WV Rural Health Education Center (NWVRHEC), Region 2 provided a hand washing exhibit using a Glitterbug Maxi View Box. This box is used with a lotion to test hand washing techniques. It is perfect for larger groups because two people can view their hands at the same time.

Terri Ranson, a NP student from WVU-C worked along with Region 2 Coordinator, Anna Reno, in providing the hand washing demonstration. Mrs. Ranson stated that "participants were amazed that they did such a poor job of washing their hands. They understood the importance of hand washing in preventing disease spread, and some even showed us that they carried hand gel with them." She went on to say, "I saw many of the patients at the fair that I have worked with at the clinic over the past few months. I realized how they have come to consider my medical opinion as pertinent. I know that I can never take that for granted. Small communities come to know providers as friends and neighbors, a role that is vital for communication and trust."



Preceptor Comments By Students

“I was a major part of the team. I was able to see patients, counsel, make suggestions, and make decisions.”(Dr. Nichols) -- Medical Student

“My suggestions concerning medication prescriptions, labs, and followup were thoroughly discussed and considered.” (Dr. Nichols) --Medical Student

“I would highly recommend this preceptor to any student. I had a great learning experience from her and will take that with me throughout my career.” (Lisa Coleman, FNP) Nursing Student

“My preceptor explained everything very well and was very organized.”(Dr. Roush) -- Dental Student

Region 2 Coordinator Attends Recruitment Fairs

Anna Reno, Region 2 Coordinator has attended two Student Recruitment Fairs.

- WVU Recruitment Fair was held on November 17, 2009
- WVSOM Recruitment Fair was held on December 1, 2009

The purpose of the student fairs were to speak with health profession students that are preparing to complete their rural rotations. The Coordinator gave them information about Region 2, preceptor names, availability, locations, and student housing. Rotation requests will be released in April, 2010.

UPCOMING ROTATIONS IN REGION 2

PA Student

Charlie Rogers

WVU Nursing Students

Ashley Abshire
Rachel Fulton
Stacey Valentine

Marshall University Medical Students

Zech Smith
Korey Mitchell
John Maijub

WVU-E Medical Student

Lukas Shutler

WVU-C Medical Student

William Elkington

WVU Medical Students

Lauren Westfall
Ryan Wilson
Simon Amsdell
Anthony Tantoco

WVU TECH NURSING STUDENT'S CAPSTONE PROJECTS



Jeanette Mace, Rose Stalnaker, Tracy Beall (students) and Barbara Douglas, WVU Tech RN/Instructor “Non-Medical Prescription Drug Abuse” (Calhoun County Middle High School)



Kelly Goff and Sabrina Anderson (students) "Is Beauty Really Only Skin Deep?" (Wirt County High School)

DENTAL STUDENT GIVES ORAL HEALTH PRESENTATION AND PERFORMS DENTAL EXAMS AT RITCHIE COUNTY WELLNESS CENTER

Erin Hardman, a WVU Dental student, attended two 4-H meetings in Ritchie County while doing her rural rotation with Dr. Mark Spiker. She gave oral health presentations to both groups.

Ms. Hardman informed the children about what to expect from a trip to the dentist's office, what causes cavities and how to brush and floss. The group had fun with the props she shared. The children had many questions regarding food, drink, and what to avoid.

Before completing the rotation, Erin went to the Ritchie County Wellness Center and performed exams, prophylaxis, fluoride applications, sealants and treatment plans. When asked about her experience, she commented "It was a really good experience working with teenagers. The children seemed receptive to instructions and thankful to have their teeth cleaned."



Erin Hardman, WVU Dental Student and Mark Spiker, DDS

NWVRHEC Region 2 Board Holds December Meeting and Christmas Dinner

Northern West Virginia Rural Health Education Center Region 2 held its quarterly board meeting and Christmas Dinner on December 7, 2009 at 6:00 PM at the Pizza House in Harrisville, WV. The board members conducted their regular business prior to a delicious holiday meal.

The meeting was attended by several guests, including Lew Holloway, NWVRHEC Executor Director and April Vestal, Associate Director of the WV RHEP program. During the meal, April Vestal discussed the many upcoming changes taking place in the RHEP Program.



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"Bringing Quality Healthcare to the underserved populations"

NWVRHEC Holds "Alzheimer's: The Experience" Workshop

NWVRHEC presented a workshop titled "Alzheimer's: The Experience" at Glenville Best Western conference area October 6, 2009. The speaker was Melissa Gandee, LSW. Ms. Gandee has worked for the Alzheimer's Association, WV Chapter since 2002. The purpose of the program was to aid in understanding the Alzheimer's experience and give participants an understanding of the

confusion and frustration that someone with Alzheimer's has when being asked to complete simple tasks. The program was designed to help the participants gain a better understanding in their professional and personal associations with those individuals dealing with Alzheimer's disease. Region 2 had two nursing students from WVU Tech attending as part of their

interdisciplinary activities.

CEU's were earned by professional staff that attended this program.

"This was one of the most informative workshops we have ever attended. Thank you so much for including us."
4th Year WVU Tech Nursing Students



Rosemary Stalnaker and Jeanette Mace participating in the Hands On Dementia Experience (HODE)