



## 'Glowgerm' Presentations Teach Germ Control

Flu season is here and the 1<sup>st</sup> and 2<sup>nd</sup> graders of Jane Lew Elementary are ready for it! During their RHEP rotation in Lewis County, WVSOM students Emily Hall and Kristi Swanson provided an educational presentation on hand washing for some of the students. Kristi and Emily used a "special" lotion called "Glowgerm" during their presentation for the kids. This lotion is an excellent resource on actually giving the students a visual aid on how many germs could be lurking on your hands, as well as how easy it is to transfer them. It's really just a lotion that shows up under a black light, simulating germs on your hands. It also will stay on your hands unless they are adequately washed ...as in singing the Happy Birthday song, twice, or reciting your

ABC's during the process. During the presentation, the medical students had some volunteers to apply lotion, show the other students their "germy" hands, and then go wash their hands. Most of the students came back with quite a few "germs" still visible under the black light. Then, after learning the proper way of hand washing, some more volunteers came back with their hands being "germ-free." Not only were the kids eager and excited to learn new tips and tricks on keeping germs to a minimum, they were also eager to share their previous knowledge and experience on how to wash their hands. The kids really seemed to enjoy the presentation and the girls did an excellent job.

This being the first service learning project I attended; I was very impressed with the professionalism and the connection that both medical students portrayed to the 1<sup>st</sup> and 2<sup>nd</sup> grade classes. Outstanding proof that not only are these service learning projects extremely beneficial to the molding of our upcoming health professionals, but also a great way of educating the younger generation on many types of health education. And by the way, has anyone ever really paid attention to how long it takes to sing the birthday song... twice? Wash your hands--longer and more often. ☺

By Kelli Fisher

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### Region 3 Student Rotations from 07.01.09–09.30.09:

- Medical 23
- Pharmacy 10
- Nursing 36
- Nurse Practitioner 10
- Physician Assistants 1
- Dental 3
- Physical Therapy 7

## IDS Guest Facilitators

Every Friday, beginning at noon (in Grafton) and 12:30 (in Gassaway), students of all disciplines completing rotations in Region 3, gather for about an hour to take part in one of their rotation requirements - Interdisciplinary Sessions (IDS). During the session, the facilitator presents a case study for students to discuss a care plan for the 'patient'. In Grafton, Dr. Jim Malone facilitates the sessions; in Gassaway, Dr. Doug Given is the facilitator.

During the summer months, we hosted some guest facilitators, and past students, for the Gassaway session, while Dr. Given took some time off. Kevin Boring, Physical Therapist and preceptor from Gassaway-Glenville Physical Therapy, presented a case related to the care of a patient needing physical therapy. Dr. Chris Conrad, a previous RHEP student, currently completing his Emergency Medicine internship at Southern

Ohio Medical Center, in Portsmouth, Ohio, facilitated a session on Antibiotic Therapy while home visiting his parents in Burnsville. Frank Toblin, Pharmacist at Weston Wal-Mart, and Charity Woods, Nurse Practitioner at Dr. Given's office also recently facilitated IDS in Dr. Given's absence. Frank and Charity also completed their RHEP rotations in NWVRHEC and now volunteer as preceptors for Region 3.

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## Student fight the 'TAR WARS'

The leading cause of death and disease in West Virginia continues to be attributed to tobacco use. The State continues to have a significantly high prevalence for smoking and spit tobacco use. Almost 4,000 residents die each year from tobacco use. If current trends continue, over 50,000 more will die by the year 2020 because of their addiction to tobacco. That is why many Region 3 students have chosen to participate in the youth tobacco prevention program 'TAR WARS'. This program targets 4<sup>th</sup>

and 5<sup>th</sup> grade students to educate them on the short and long term effects of tobacco use.

So far, the students' participation, as well as the feedback from the kids, has proven this program to be extremely successful. Due to the large group of students on rotation recently, we have been fortunate to have a variety of different disciplines involved with the program; such as a medical student speaking of the effects of smoking on your lungs or heart and a dental student

discussing the effects on teeth or mouth.

We hope to continue offering this program and educating students throughout the rest of the year and up until March when the program concludes. We have had a lot of interest in all five Region 3 counties, as well as good participation from our students. If you are interested in learning more about 'TAR WARS' contact, Janice Hechesky or Trina Litton at 304-562-4433.

By Kelli Fisher



## Welcome Kelli!

I would like to welcome Kelli Fisher to the NWVRHEC Staff. Kelli began working as the Region 3 Community Outreach/Office Assistant in late August, as we were preparing for a very busy Fall season. She has been very eager to learn and has jumped right in to plan service-learning projects for Region 3 students and complete the annual recruitment and recruitment report. Kelli has also been a quick study on CARDIAC preparation and screenings, having already prepared and participated in several screenings in Monongalia County.

Kelli's efforts have already been praised by students in their exit interviews for being helpful with scheduling their service-learning projects. Thank you, Kelli, for your hard work and cooperative attitude!

## NWVRHEC Region 3 Goals Met

### Outreach:

- Planned or arranged for students to participate in service-learning projects in all 5 counties
- Completing MOU's with Region 3 partners

### Sustainability:

- Participating in Year 3 of the WV Geriatric Education Center Grant
- Working to add 2 new preceptors for Region 3 and re-activate 2 previous preceptors

### Leadership:

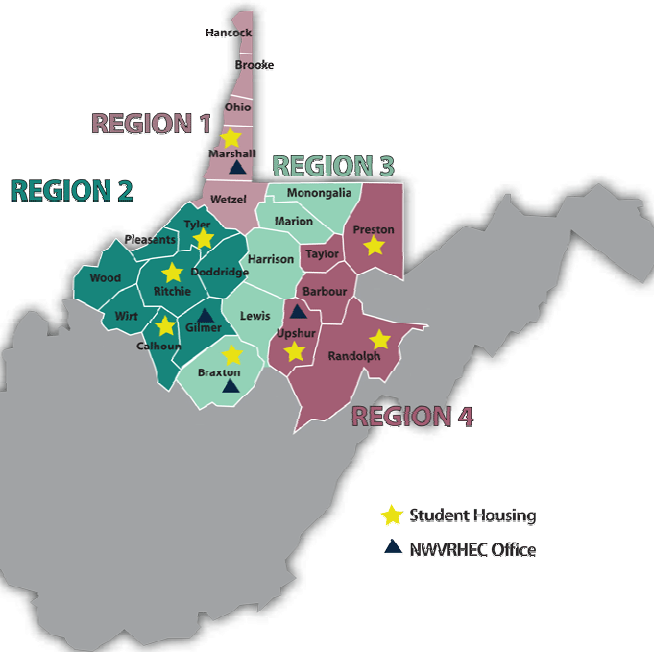
- Attended the following events:
  - Annual CARDIAC Summer Training at Flatwoods in August
  - Geriatric Leadership Summit at Glade Springs in August
  - Site Coordinator Meeting in Gassaway in September
  - Annual WV Rural Health Conference at Glade Springs in October

49 students invested 679 hours on 79 projects which impacted 2930 community members between 7/1/09 and 9/30/09.

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