



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

Region 3

Braxton, Lewis, Harrison, Marion, Monongalia

Quarterly Report
1.1.10-3.31.10

Annual Jane Lew Health Fair

Jane Lew Elementary School hosted their annual health fair on March 15, 2010. Kristi Gannon, an RN from the Cardiac Unit at Stonewall Jackson Memorial Hospital, and nursing students from WVU and Fairmont State volunteered to participate in this annual health fair and screening. Region 3 nursing students helped with checking height, weight, and blood pressures. Each student at Jane Lew Elementary was presented with a health report card with their screening information to take

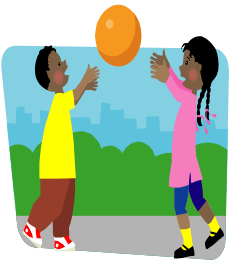
home to their parents. Other booths available were Germ City, a health and nutrition snack table, bicycle safety booth with free helmets and a DDR (Dance-Dance Revolution) station provided by CARELINK. During the day, over 300 kids participated in the health fair.



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Coming Soon...



Region 3 is partnering with Braxton County Memorial Hospital, CAMC and many others to complete a 6-month Fit 4 Life program targeting Braxton County elementary age students on fitness and nutrition. We have been working on the planning stages for a couple months now and are excited for the kick off on April 24, 2010. **STAY TUNED FOR MORE UPDATES!**

Region 3 Student Rotations from 1.1.10-3.31.10:

• Medical	11
• Pharmacy	7
• Nursing	16
• Nurse Practitioner	9
• Physician Assistants	6
• Dental	3
• Physical Therapy	1

CARDIAC in Harrison County

West Virginia University nursing students completing their RHEP rotation in region 3 participated in a CARDIAC screening at Big Elm Elementary on March 3, 2010. Since it was one of this region's bigger schools, several nursing students volunteered, including Kristina Thornberg, Nichole Hess, Colleen Quinn, Stacey Baxter, and Elena DeTaranto. During the screening, the nursing students helped out with measuring height, weight, blood pressures, and checking the back of the neck for Acanthos Niagricans (AN), a marking that indicated the possibility

for the student to develop type-2 diabetes. There were 22 fifth grade and 81 second grade students that participated. While doing the measurements, nursing students also educated some of the participants about how the CARDIAC project works and how important exercise and good nutrition is for having a healthy heart!

Update:

Cardiac screenings have been completed in Monongalia, Harrison, and Braxton Counties. Due to the weather, the CARDIAC deadline has been extended to April 30, 2010.



Left- Kristina Thornberg checks blood pressures. Below- Nichole Hess checks for AN and Stacey Baxter does blood pressure.



Right- Phlebotomist Lois Childers prepares to draw blood from a 5th grade student



AB Students Lend a Hand



Alderson-Broaddus College nursing students lend a helping hand to the CARDIAC screening at Nutter Fort Elementary School. They also provided a display on dental health for kids to view while waiting to be screened.

Career Presentation at Braxton County High School

Five students from West Virginia University took part in a career presentation at Braxton County High school on Tuesday, February 23, 2010. The medical science students spoke to three different classes, which consisted of high school students that were interested in the health/science field, as a possible career choice.

Erin Duckworth-King, an FNP student, Wes Vosburg and Scott Gilchrist, both 4th year medical students, Stephen Justice, a dentistry student, and Lori-Ann Cline, a 4th year physical therapy student all participated in the presentation at the high school.

During their presentations the students spoke about their personal experiences throughout their time in school, what they do on a day-to-day

basis, the classes the high school students should focus on and what they can do now to prepare for a future career in the medical field. The high school students had a lot of good questions about all careers that were presented that day. There was at least one student that had an interest in each field.

At the end of the day, the medical students commented about the good participation and the positive interest that the high school students had expressed. The teachers really enjoyed having the students as well and are eager for another career presentation in the near future!



HSTA Presentation



On March 8, 2010, Allison Lowe and Stephen Justice, RHEP students in Braxton County presented information related to their chosen careers to the BCHS HSTA students during their weekly club meeting.



DDR CARDIAC Party



www.nwvrhec.org

The 5th grade students at Wilsonburg Elementary enjoyed a well deserved St. Patrick's Day treat by having the highest school participation in the CARDIAC project since the program started. To reward the kids and to encourage future participation, the students got a DDR (Dance-Dance Revolution) party and a game of Food Fear Factor. During Food Fear Factor, all the foods the kids had to try were green fruits and vegetables in honor of St. Patrick's Day. Also, during the party, Nichole Hess, a WVU nursing student, presented healthy heart information. Later, she quizzed the students to see if they were listening. Surprisingly, the class made 100%.



The Food Fear Factor was a success. Many of the kids that were "dared" to taste all 10 foods took the challenge. A few even came to like a couple of the new treats that they had never tried. We would like to give a special thanks to Jodie Sperry, the school nurse at Wilsonburg for her great support in encouraging the kids to participate in the CARDIAC project!



Exit Interview Comments

"Dr. Waddell was very eager to answer questions from basic sciences to clinical medicine. I was given abundant opportunities for independent decision making. Very helpful in preparation for my internship..." - **Natalie Bradford, a 4th year medical student from WVU on rotation in Braxton County**

"Dr. Dubberke teaches as well as an attending [physician] at WVU!" – **Audvid Momen, a 3rd year medical student from WVU on rotation in Harrison County**

Welcome to new Pharmacy Preceptors, Daniel Walker, RPh, at Stonewall Jackson Memorial Hospital, in Lewis County, and Nicholas Scrivo, RPh, at Fairmont Clinic, in Marion County!



23 students invested 331.5 hours on 35 projects which impacted 2102 community members between 1/1/10 and 3/24/10.

Marshall's Placement Fair



Above- Coordinator, Kathryn Greenlief talks with a student about what Region 3 has to offer

March 16th, WVRHEP Coordinators attended the Marshall University School of Medicine's Annual Student Placement Fair for their rising third-year medical students. This event provides students with the opportunity to visit each site's displays and learn what rotation opportunities are available across the state.

Bone Mass Density Training

March 11, 2010, coordinators and staff were trained on the new Accu DEXA Bone Densitometer. Each person went through the process by screening someone else and was then provided with a paper print out of their results. Region 3 is very excited about the addition of this great tool to our resources purchased by the NWVRHEC, with funds made available through the Geriatric Education Center grant!

NWVRHEC Region 3 Strategic Plan Goals

Program:

- Provide quality orientations to students as they begin their RHEP rotations in Region 3
- Provide program information to new preceptors
- Arrange for guest facilitators for Interdisciplinary Sessions

Outreach:

- Plan or arrange for students to participate in service-learning projects in all 5 counties
- Work with Braxton Community Coalition to plan child resource fair and nutrition/fitness program for the community

Sustainability:

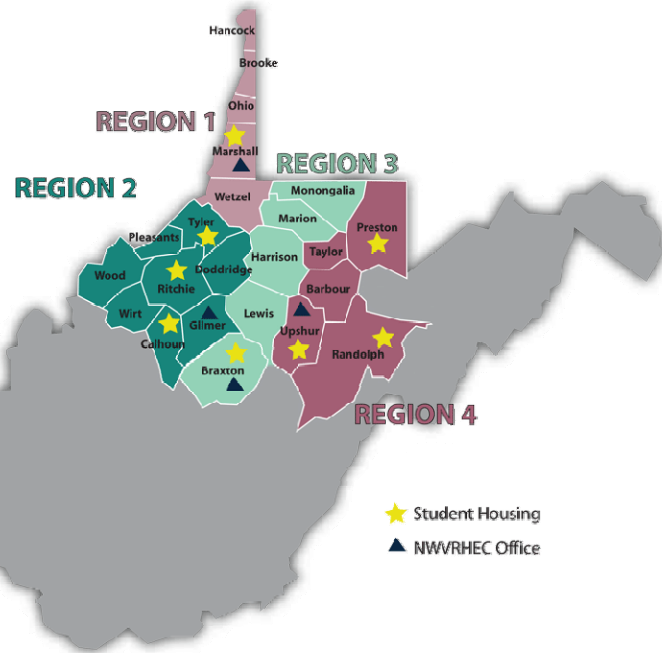
- Participate in the WV Geriatric Education Center Grant
- Worked with WVU School of Pharmacy to develop 2 new Pharmacy Sites (Stonewall Jackson Memorial Hospital and Fairmont Clinic)
- Worked with WVU School of Medicine to obtain Faculty Appointment for Dr. Wade Harvey at Clay Battelle Community Health Center in Blacksville.

Leadership:

- Participated in the Marshall University School of Medicine Student Fair
- Provided WVU School of Nursing RHEP Orientation
- Braxton/Webster HSTA Board Member
- Collaborative planning of the FIT 4 LIFE Program for Braxton County Elementary children
- Attend local Family Resource Network meetings



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