



# Northern West Virginia Rural Health Education Center

Dedicated to Community Health

## Region 4

Barbour, Preston, Randolph, Taylor, Upshur

Quarterly Report  
February - March, 2009

## Irish Spring Festival

The community of Ireland is located in the Southern end of Lewis County, West Virginia. There you will find many people with Irish names, an organization called Shamrock Extension Homemakers Club and an annual deluge of cards and letters to be postmarked "Ireland" for St. Patrick's Day. And so it has been for several decades. But it was not until the winter of 1981, that some community members were finally overcome by their curiosity as to the origin of the small hamlet's name.

A research effort by the Shamrock Extension Homemakers Club was launched to discover more about community roots. Following the research they were convinced there was something about the quality of life in Ireland WV, that was conducive to long life spans, which led to the first planned IRISH SPRING FESTIVAL. For obvious reasons, it was decided to wear the green and celebrate spring to include March 17 and the first day of spring. The Shamrock Extension Homemakers Club organizes the annual event.

WVSOM medical students Matt Bullock and Melissa McLean, along with Sonnie provided free blood pressure checks and Derma Scan checks (skin analyzer for sun damage, as well as information on sun safety and

suspicious moles. We handed out packets of sun screen, mugs, jump ropes, and stress balls.

*"Participation was very good and people seemed to have a positive reaction to the screening. They actively wanted their blood pressure checked and stated that it was what they expected. The activity provided us with an opportunity to participate in a community event where we had an active role in motivating people to recognize their health issues and show them how to take an active role in monitoring their health and get advice from medical professionals. It also provided us with the opportunity to see and learn more about a rural community and the culture of the residents"*

Matt Bullock & Melissa McLean,  
WVSOM



## Student Rotations

- February 2009 – 42 (Nursing, Medicine, Pharmacy, and PA)
- March 2009 – 59 (Nursing, \*Medicine, Pharmacy, PA, Dentistry, and MT)
- April 2009 – 59 (Nursing, \*Medicine, Pharmacy, PA, Dentistry, and MT)

## TRACKER Requests ~ 170

Rotations beginning May 2009 to June 2010 – 170

Large number of nursing for Taylor and Preston counties

Not much of an increase in requests for medical students but a definite increase for docs in Grafton DSA (designated shortage area).

Fewer requests in Philippi – which is still a DSA! (0/Holbert, 2/Farnsworth, 1/Palko

Few for Elkins and Buckhannon, requests for Buckhannon are mainly WVSOM statewide campus students

No significant increase in request for housing

## “Teen Health Issues Presentation” – BUHS

3/31/09 – 4/24/09

Each year NWVRHEC students are invited to Buckhannon Upshur High School to discuss “Teen Health Issues” with the 9th grade health classes.

Presentations take place 1st through 7th period. Following roll call, the ninth graders are divided into two groups (male and female). Male health professions students’ present topics to the boys, and female health professions students’ talk to the girls.

Topics covered for the females includes: self breast exam, STD's, teen

pregnancy, domestic violence, ect.

Topics for the boys includes: self testicular exams, teen pregnancy, dating respect, drug abuse, tobacco education, etc.

The activity provides 9th graders the opportunity to ask questions that they might not feel comfortable discussing with their parents, and/or health teachers.

**“Many of the students were engaged in meaningful and interesting discussions.” (Michael Hildreth, MT)**

*“Many of the boys were surprised and shy to talk about sex education. Counseling STD's in younger populations is difficult. Knowledge of the diseases and how to prevent them are an excellent way to teach high school kids about this difficult topic.” (Matt Bullock, MS4)*

*“The activity helped me be more comfortable about discussing health issues with teenagers.” (Melissa McLean-MS4).*

*“Greater need for education at earlier age.” (Gail Roberts, WVU-MS4)*

**Impacted 323 9<sup>th</sup> graders!**



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## Diabetes Presentation – Preston HSTA Students

*“Providing medical information outside of the doctor's office is less intimidating for others, and patients are more likely to ask questions that they normally are afraid to ask their doctors.”*

*Pranav Patel, WVU East MSIV*

On March, 25 I provided a power point presentation, on Diabetes education, to a group of 40 HSTA students, at Preston County High School.

During the presentation, I discussed the diagnosis, clinical manifestation and treatment for diabetes.

Most of the students participated willingly in the discussion, eagerly answered questions, and asked several questions about diabetes..

“I think there is much room for medical students to get involved in the community. “

## Volunteer Davis Memorial Emergency Room

During my family medicine rotation with Dr. John Henderson, I volunteered one day in Davis Memorial Emergency Dept., for a service learning project. That day I learned much about the inner workings of a community hospital. I met with the ED director and discussed the many differences from a tertiary care center. This included his required communication with surrounding hospitals, both for accepting and referring patients. Among this was the unique option of sending out patients via helicopter. We also discussed the limitations of a smaller dept, such as their stroke protocol and their ability to use TPA. I was also involved in patient care by seeing some patients with ED physicians and by transporting patients to different hospital areas, as needed. Because rural patients may rarely seek routine health care, several screening evaluations are also done, during an ER visit, including question regarding such things as intimate partner violence and drug abuse. Patients seemed surprised to see a WVU student in the rural ER. They even seemed impressed and thankful to have someone from the "big city" involved in their care. ***“The experience taught me that working in a rural ED requires much more than treating patients directly. Communication with surrounding hospitals and ambulance services is crucial. When and how to use helicopter service is also crucial in a rural area, and quick decision making is very important for both patient care and proper utilization of resources.” Nick Phillips, WVU MS3***

## Walking the Dog ~ Grafton Humane Society

During a student orientation, I provide students with an ongoing list of community service opportunities. In March, I received an email from Joshua Baisden, WVU-MS4, who was working with Mark Farnsworth, at Barbour Family Medicine. Joshua asked if he could do something outside of the healthcare field for community service such as spend some time at the Grafton Humane Society, as he was sure they could use help.

My response to Joshua was that we are strongly encouraged to engage students in community service/service learning projects that are health related, applicable to their discipline, and that will also meet one, or more, healthy people 2010 objectives. I also explained that for many years, health professions students working in the Grafton area had volunteered their services at the humane society, until campus faculty, advisors, and others complained

that the activity was a waste of the students' time. And that even today we occasionally still hear a snide remark about "walking the dog." Below is Joshua's reply to me.

I know that I probably won't change your mind on the subject, but I have to be honest with my thoughts and feelings on community service. Community service is just that, serving the entire community. There are several ways to do this and working solely in the healthcare field misses many activities that positively influences the lives of others in a community. I understand that some staff and other people involved with RHEP thought that working at a humane society was "meaningless" and I think it is terrible that the opinions of a few people shape the activities that students are allowed to do. While I agree that BP checks and

educating the public on healthcare issues are important, I think that working at a humane society, coaching youth basketball, and even picking up trash on the side of the road are equally important. Saying that these activities are "meaningless" provides a very narrow view of serving the entire community. Many physicians and other people working in healthcare related fields have limited interests outside of healthcare. I think that providing activities outside of healthcare would allow members of your community to feel that physicians, nurses, therapists, etc., care about something other than healthcare and show how well-rounded we can be. ***“I guess the point I am trying to make is that all of the other activities that I mentioned are “meaningful” to me. I have heard other students say everything I included.”***

## NWVRHEC Region 4 ~ Goals Met

NWVRHEC – Region 4  
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### Strategic Collaboration: CARDIAC screenings

Outreach/Community Awareness/Strategic Collaboration/Partner Education:  
HOSA & HSTA presentations, Irish Spring Festival, Teen Health Issues  
presentation BUHS, CARDIAC meeting with Val Minor/AB

Sustainability: Confirming TRACKER requests, identifying and increasing  
service learning opportunities, educating community members and legislators,  
continued communication with preceptors and community partners

Leadership: Plan and implement CARDIAC projects, other community service  
opportunities



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*“Bringing Quality Healthcare to the underserved populations”*

## CARDIAC Update

*“I am excited that I was able to be a part of this fairly new and innovative program. Community nurses should promote health though public avenues such as schools and senior centers. This is an important step to go from treating disease to health promotion.”*

Amanda Dzielski, WVU Nursing

**Randolph county:** Kid & Too screenings were completed on April 2, 2009. *Screened 149 out of 311 = 48% fifth grader / 341 second graders – estimate 90%*

- awesome support from Davis Memorial Hospital, school nurses, and RHEP students
- offered incentive prize to 5<sup>th</sup> grade classrooms in attempt to increase participation. Did not work! Only Harman had 100% participation (8 kids)

**Upshur county:** Kid & Too screenings completed in Feb.2009. *Screened 81 out of 282 = 35% fifth graders / (296 second graders, would estimate 80-90% screened*

- decrease in participation could be attributed to two of three school nurses retired in the fall, two new hires were not familiar with program.

**Taylor county:** Kinder Dental and Too screenings on March 9<sup>th</sup> at Flemington Elementary, West Taylor and Anna Jarvis. *99 out of 219 kindergarten kids screened = 45%*

- Too participation was probably around 75% (296 second graders)
- Fifth grade was screened in Nov. 2008. *(Screened 55 out of 170 = 32%)*

**Preston County:** Completed fifth grade screening in Oct. 2008 – *Screened 218 out of 331 fifth graders = .658%* Large increase over previous year. Attribute increase to screening kids on one day, at one location in conjunction with health fair/fun activities

- Plans are in the works for a one day screening again next fall!
- Second grade screenings completed on April 15 – passive consent above average participation