



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

## Region 4

Barbour, Preston, Randolph, Taylor, Upshur

Quarterly Report  
January-March 2010

### RHEP Students Provide “Positive Coping Strategies” to 8<sup>th</sup> graders, at Taylor County Middle School

On Feb. 24, John Hagedorn, WVU-MSIV, Sonya Jones, AB-PA, and Jenna Merandi, WVU PharmD, provided an all-day presentation to **160** eighth graders, at Grafton Middle School. The presentation was requested by the English teacher, Ms. Amanda Smith, in response to harmful behaviors that students at the middle school were facing. Such as alcohol consumption, bullying, and self-injury/cutting. The RHEP students discussed these sensitive issues and provided positive coping strategies, as an alternative to the harmful behaviors.



John Hagedorn, WVU-MSIV, and Jenna Merandi, WVU-PharmD;  
Sonya Jones not pictured

““The teens were happy to have a chance to ask hard questions to someone who was not a teacher, or parent. It showed me that as a young doctor, I can influence people, even on simple concepts to me.”-John Hagedorn, MSIV

“I was amazed to find out how many teens were cutting themselves! I spoke to the teacher following the program and feel there should be a support group offered.”

Jenna Merandi, PharmD

#### Inside this issue:

<i>Middle School Presentation</i>	1
<i>Medication Safety</i>	2
<i>Family Life Expo</i>	2
<i>CARDIAC</i>	3
<i>Oral Hygiene</i>	4
<i>Oral Hygiene</i>	4
<i>Preceptor Spotlight</i>	4
<i>Marshall Student Fair</i>	5
<i>National School Breakfast Week</i>	5
<i>Rotation Reflections</i>	5
<i>Strategic Plan</i>	6

#### Coping Strategies for Harmful Behaviors



Jenna Merandi, WVU School of Pharmacy  
John Hagedorn, WVU School of Medicine  
Sonya Jones, PA



## RHEP Pharmacy Students Educate Senior Citizens on Medication Safety

On February 22, three WVU-PharmD students presented information on *Medication Safety* to senior citizens, at the Upshur County Senior Center. Zarin Ahmed, Jason Blevins, and Zachary Metheny each presented vital information, to the seniors, regarding avoiding drug interactions and knowing the right questions to ask one's doctor, or pharmacist, concerning medications. They also discussed the importance of maintaining a medical record so that the patient, the caregiver, the doctor, and the pharmacist are all aware of the medications that are being taken, by the patient. Following the presentation, students distributed hand-outs and spoke one-on-one with individuals concerning their current medications.



WVU Pharmacy Students: Zachary Metheny, Jason Blevins, and Zarin Ahmed



## Family Life Expo

On March 13, 2010, several NWRHEC/RHEP students participated in the annual Family Life Expo held at the Craig Civic Center, in Kingwood. Daniel Johnson, WVU DDS (rotating with Dr. Stephen Johns/Buckhannon) provided free basic oral checks, free toothbrushes, and information on oral hygiene. Carl Shrader, WVU-MS4 (rotating with Dr. Lorn Wolfe/Thornton), Michael Ruffolo, WVU-MS4 (rotating with Cynthia Clarkson/Reedsville) and Breann Henson, WVU BSN (rotating with Connie Bonner/Kingwood), provided education on smokeless tobacco. Brittany Shaffer, WVU-BSN (rotating with Jeannie Welch/ Preston Health Department) assisted with the Empty Bowls project, which raises money for local food pantries. Katie Fidazzo, WVU BSN (rotating with Shelly Kerere/Bruceton School) assisted the Preston Health Dept. staff in providing blood pressure checks. Approximately 200 community members benefited from the services provided.



## CARDIAC Screenings Take Place in Upshur and Randolph Counties

Throughout February and March fifth and second graders, from Upshur and Randolph counties, participated in the CARDIAC Kid and CARDIAC TOO screenings. CARDIAC (Coronary Artery Risk Detection in Appalachian Communities) was created to address the unacceptably high morbidity and mortality from cardiovascular disease, in West Virginia. The screening for fifth graders includes: height, weight, and blood pressure check, AN check (checking the neck for Acanthosis Nigricans, which is a dark marking that can be an indicator of Diabetes, Type II) and a fasting lipid profile blood draw, to check cholesterol levels. The second grade screening consists of height/weight, and AN check.

*Eighty-nine fifth graders and 217 second graders were screened in Upshur County schools. One hundred-fifteen fifth graders and 247 second graders were screened, in Randolph County schools.* Ten RHEP students, along with the NNWVRHEC Coordinator, NNWVRHEC Community Outreach Assistant and school nurses assisted with the CARDIAC screenings.



Michelle Akiko, Winder University Medical Student



Alexander Lewis, WVU-Pharmacy Student

# CARDIAC



Davis Memorial Phlebotomist



David Cole, WVU-Pharmacy Student

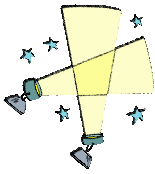
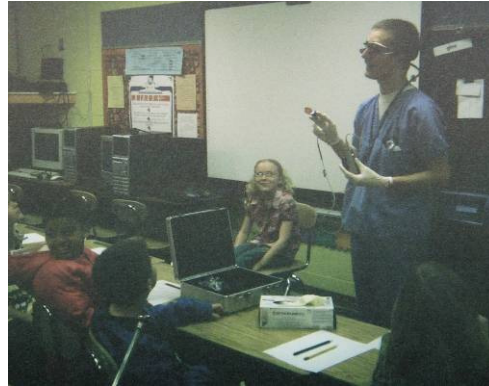


## Oral Hygiene Presentation at Union Elementary

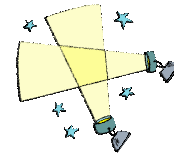
On March 13, Daniel Johnson, a WVU School of Dentistry student, provided a Tar Wars presentation to 4<sup>th</sup> and 5<sup>th</sup> graders, at Union Elementary School, in Upshur County. Daniel then provided a 30 minute Oral Hygiene presentation to students in 4 additional classrooms. Daniel first presented the Tar Wars material (tobacco education) to fourth and fifth grade students, then visited four additional classrooms and provided a 30 minute presentation, to each class, on proper oral hygiene. Daniel's presentations impacted approximately 130 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> graders.

"Daniel did a wonderful job; he is a natural with children. He arrived on time and presented the information with enthusiasm. Thank you for making this possible!"

-Dr. Sara Stankus, Union Elementary Principal



### Preceptor Spotlight: Drs. Matt and Lorrie Downs, MD's ~ Arbor Medical Associates



Drs. Matt and Lorrie Downs practice pediatrics, in Elkins. Recently they went into private practice with some family medicine providers to create Arbor Medical Associates, a group of six providers. The group setting allows them to provide more services for their clients.

Matt and Lorrie are from WV, and graduated from the Marshall University School of Medicine, in 2001. They completed their pediatric residencies at Milton S. Hershey Medical Center, Penn State University College of Medicine, in Hershey, PA. Matt and Lorrie have two children, Anna and Josh.

Ladawna Gievers, a MU MSIII, recently asked the following questions during an interview with the Downs. **While in school, did you work with any preceptors who made an impact on you?**

Matt: "Dr. Indacochea, in Petersburg. He gave me study topics every night and I had to present the topics the next day. He made me work hard, but most of all I enjoyed seeing what an impact a rural pediatrician can have on a community."

Lorrie said that she enjoyed working with Joel and Terri Hummer, in Elkins, and that the opportunity allowed her to see the community they would settle in and what it was like for spouses to work along side each other.



L to R: Ledawna Gievers, MU-MSIII; Matt Downs, MD; Lorrie Down, MD



Arbor Medical Associates, Elkins, WV

**Why do you volunteer to teach medical students?** Matt: "Love it! I love teaching. Outside of a university setting you don't get much opportunity to teach. Accepting medical students is a way to continue teaching while being in the rural setting."

Lorrie said that for her it is "important to give back", that along their way a lot of providers helped train her and Matt so she likes to return the favor. She feels it is important for students to get a glimpse of what pediatrics and medicine, in general, are like outside of a university setting. She also said students "challenge you" and she loves the challenges students bring, along with their questions and the perspective they bring to a case. She hinted that the common things in medicine are just that - common, and sometimes it is helpful when students add their rare, medical student answers into the clinical equation.

**Memorable experiences while precepting?**

No particular experience stood out, but Lorrie said almost all of the students get sick at some point, during their rotation.

**Hobbies:** Matt enjoys training and competing in triathlons. Lorrie enjoys knitting, as she gets to "turn her brain off" for a few minutes.



On February 16, site coordinators from across West Virginia traveled to Marshall University to provide information about preceptors and rotation sites available in their areas, to 2<sup>nd</sup> year Medical students.

Several students expressed an interest in sites within NWVRHEC Region 4. Such as: Internal Medicine/Buckhannon, Pediatrics, in Elkins, and Family Medicine, in Grafton.

## Marshall University Student Fair



## National School Breakfast Week

As part of their NWVHREC Community Service requirement, WVU Nursing students, Katie Fidazzo and Ashley Thrower, created a bulletin board, at Bruceton School in Preston County, during "National School Breakfast Week (March 8-12) to educate the students. The 'School Breakfast-Ready, Set, Go!' campaign is sponsored by the School Nutrition Association.

Katie and Ashley are both completing an RHEP rotation with Shelly Kerere, school nurse, at Bruceton School.



## Student Rotation Reflections

### ***I would recommend this preceptor to a fellow student:***

*Absolutely!!! Dr. Raymond Leonard was a pleasure to work with and learn from. I felt that I got to know a lot about his personal life and why he chose general pediatrics along the way. In fact, I wish I had more time to work with him and learn from him. -Mark Cody Smith, WVU-MSIV*

### ***The NWVRHEC staff was helpful:***

*Sonnie Strader and Lydia Ours were extremely courteous and helpful and answered all of my questions in a very prompt manner. They are invaluable assets to the program. They deserve a raise! -Mark Cody Smith, WVU-MSIV*

NWVRHEC-Region 4  
Tri-County Health Clinic  
P.O. Box 217  
Rock Cave, WV 26234  
Phone: 304.471-2200  
Fax: 304.-471-2201

[Sonnies.trader@nwvrhec.org](mailto:Sonnies.trader@nwvrhec.org)  
[Lydia.ours@nwvrhec.org](mailto:Lydia.ours@nwvrhec.org)



*"Bringing Quality Healthcare to the underserved populations"*

## NWVRHEC Region 4 ~ Strategic Plan Goals

### Leadership Goals

- ~ Mountain HSTA Board Chair
- ~Upshur County Fair Association, Treasurer
- ~ Worked with Shelly Kerere, nurse Bruceton Mills to schedule CARDIAC in Preston; Connie Bonner to schedule phlebotomist; and Preston Memorial lab to secure butterfly needles and for processing blood samples
- ~ Cyber Surgeons Mission Experience

### Outreach Goals

- ~Marshall University Health Fair
- ~ Between Jan 1– March 31, 67 students did rotations in NWVRHEC Region 4. Students invested 585 hours on 68 projects that impacted 2726 community members
- ~Community Service Projects:
  - Oral Hygiene Presentations
  - Tar Wars presentations
  - CARDIAC
  - Irish Spring Festival/Health Fair
  - Masontown Health Fair
  - Grafton Hospital & High School Health Fair's
  - Family Life Expo
  - Senior Satellite Programs
  - HSTA
  - Nutrition Education
  - Poison Control Prevention
  - VA Mobile Clinics

~Continued communication with people in our communities about the goals and mission of the NWVRHEC

### Sustainability Goals

~Continued communication with preceptors through letters, phone calls, and e-mails

~TRACKER requests and confirmations

~Region 4 Newsletter

~Met with Ginger Boles, AB PA Coordinator

Upcoming Events:

- Rachel's Challenge Field Event 3-5 grades
- Head Start staff health fair & "Stress Free" training
- Advisory Panel and Coordinator meetings