Appalachian Regional Healthcare System
(Blowing Rock Hospital, Cannon Memorial Hospital, and Watauga Medical Center)
Summary of Partnership
July 1, 2008 – June 30, 2009

HEALTH CAREERS, DIVERSITY & RECRUITMENT

- Northwest AHEC (NW AHEC) offers highly interactive health careers awareness programs (30-45 minutes per program) in schools for grades K-8 and structured programs for grades 9-12 (20 hours or more). Activities for the current and past three fiscal years are listed below for Avery and Watauga Counties:

Grades K-8—A total of 288 students from Avery and Watauga Counties participated in eight health careers’ presentations as follows:

<table>
<thead>
<tr>
<th>Date</th>
<th>School</th>
<th>Presentation</th>
<th># Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>10/14/2008</td>
<td>Avery Middle School</td>
<td>Cool People, Cool Careers</td>
<td>32</td>
</tr>
<tr>
<td>10/22/2008</td>
<td>Crossnore Elementary</td>
<td>Puppet Bunch; CATCH</td>
<td>92</td>
</tr>
<tr>
<td>10/31/2008</td>
<td>Newland Elementary</td>
<td>Puppet Bunch; CATCH</td>
<td>85</td>
</tr>
<tr>
<td>11/14/2008</td>
<td>Cove Creek Elementary</td>
<td>Puppet Bunch; CATCH; Cool People, Cool Careers</td>
<td>79</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Total</td>
<td>288</td>
</tr>
</tbody>
</table>

- Puppet Bunch - designed for grades K-2; uses multi-ethnic puppets, a video, and a coloring book to teach young children about three health careers
- CATCH (Catch A Totally Cool Health career) - designed for grades 3-5; provides information about more than 10 health careers
- Cool People, Cool Careers - designed for grades 6-8; provides information about more than 10 health careers

Health Careers Awareness Programs Trend in Avery and Watauga Counties

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<tr>
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</thead>
<tbody>
<tr>
<td># Schools</td>
<td>2</td>
<td>4</td>
<td>6</td>
<td>4</td>
</tr>
<tr>
<td># Presentations</td>
<td>3</td>
<td>10</td>
<td>11</td>
<td>8</td>
</tr>
<tr>
<td># Students</td>
<td>154</td>
<td>509</td>
<td>529</td>
<td>288</td>
</tr>
</tbody>
</table>

Grades 9-12—

- NC AHEC annual Future Leaders in Health Care Conference – an educational conference for high school students statewide to learn more about health occupations as well as learn more about post-secondary programs oriented toward careers in health. No students participated from Avery or Watauga County during this past fiscal year, however, it is anticipated there will be participation in the future.
- Summer Camp Med Program – Camp Med Avery County is a partnership between Avery County High School, Avery County Schools and Cannon Memorial Hospital (CMH); 15 students participated from Avery County. Camp Med Watauga County is a partnership between Watauga County High School, Watauga County Schools, and Watauga Medical Center (WMC); No students participated from Watauga County during the fiscal year; however, the camp was held in July, 2009 and will be reported in FY10. NW AHEC provides $1,500 in support for each program; NW AHEC will make this offer again this fall for the upcoming summer 2010.
- Project SEARCH Academy (Student Education, Awareness and Recruitment for Careers in Health) - a one week, residential summer camp on Wake Forest University campus during which rising eighth grade students are exposed to a variety of health science presentations, Problem-Based Learning, and take medical center tours. No students participated from Avery or Watauga County this fiscal year.
- Information about other Northwest AHEC youth programs can be found by going to our website: northwestahec.org or by contacting Mr. Bernard Roper at (336) 713-7714 or broper@wfubmc.edu
HEALTH SCIENCES STUDENT SUPPORT
- Many medical and physician assistant students rotate with local precepting physicians and accompany them to see patients where the physicians have practicing privileges.
- Overnight student accommodations are available if needed for all students.
- The NW AHEC Office of Regional Primary Care Education (ORPCE) provides administrative and financial support for these preceptors and students with their rotations in community settings.
- Some communities use these student rotation opportunities to develop relationships with the students for potential future employment upon degree completion. Detailed student rotation information is provided on a quarterly basis to Mr. Tim Ford, CEO (BRH), Mr. Chuck Mantooth, CEO (CMH), and Mr. Richard Sparks, President and CEO (ARHS).
- Physicians interested in becoming preceptors should contact Ms. Angela Hodges at (336) 713-7717 or ahodges@wfubmc.edu

Health Sciences Student Rotations in Avery and Watauga County

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<tr>
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<tbody>
<tr>
<td># Students in rotation</td>
<td>44</td>
<td>37</td>
<td>33</td>
<td>50</td>
</tr>
<tr>
<td># Students weeks</td>
<td>129</td>
<td>108</td>
<td>94</td>
<td>147</td>
</tr>
</tbody>
</table>

Student week: can be 1 student for 1 week; 4 student weeks can be 1 student for 4 weeks or 4 students for 1 week each, etc.

CONTINUING EDUCATION ACTIVITIES & SERVICES
- Northwest AHEC CE activities are marketed to staff members, affiliated physicians and other healthcare professionals of Appalachian Regional Healthcare System (ARHS)
- More information about CE activities can be found on our website: northwestahec.org or by contacting Ms. Marie Simos at (336) 713-7721 or msimos@wfubmc.edu

ARHS Healthcare Professionals’ CE Activity

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<tr>
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</thead>
<tbody>
<tr>
<td># Unique registrants</td>
<td>115</td>
<td>131</td>
<td>120</td>
<td>138</td>
</tr>
<tr>
<td># Registrations</td>
<td>385</td>
<td>366</td>
<td>372</td>
<td>409</td>
</tr>
</tbody>
</table>

- Listed below is a summary of Grand Rounds activity, accredited by the Office of Continuing Medical Education of Wake Forest University School of Medicine, conducted at Watauga Medical Center.

<table>
<thead>
<tr>
<th>Time of Year</th>
<th>Type</th>
<th>Number of Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall 2008</td>
<td>Cancer Conference</td>
<td>6</td>
</tr>
<tr>
<td>Spring 2009</td>
<td>Cancer Conference</td>
<td>3</td>
</tr>
<tr>
<td>Fall 2008</td>
<td>Medical Society Meeting</td>
<td>1</td>
</tr>
<tr>
<td>Spring 2009</td>
<td>Medical Society Meeting</td>
<td>1</td>
</tr>
</tbody>
</table>

Total       11

Nurse Educator Institute
- The Nurse Educator Institute (NEI) is a 60-contact hour competency-based curriculum that includes 4 online learning modules and meets specific NCBON 2010 requirements.
- Enrolled 2 from Appalachian State University in FY09
- More information can be found on our website: northwestahec.org or by contacting Ms. Phyllis Horton at (336) 713-7713 or phorton@wfubmc.edu

Nursing Management Institute
- Nursing Management Institute (NMI) - an online management curriculum that consists of 12 modules for new or aspiring nurse managers
- Created and offered by the NW AHEC in partnership with Greensboro AHEC
- Enrolled none from Avery or Watauga Counties in FY09
- More information can be found on our website: northwestahec.org or by contacting Ms. Phyllis Horton at (336) 713-7713 or phorton@wfubmc.edu
Community Health Partnerships
- NW AHEC provides technical assistance, consultation, and training to health coalitions in the region to support their efforts for local health improvement.
- Many of the current coalitions which NW AHEC supports are members of North Carolina’s Healthy Carolinians Program. NW AHEC co-sponsors, with the Northwest Office of Healthy Carolinians Consultant, quarterly meetings of the Coalition Coordinators’ Network (CCN). This year’s topics were: State of the County Health (SOTCH) Reporting, Mental Health Issues in NC, and NC Public Health Academy.
- For more information about this service, go to our website: northwestahec.org or contact Ms. Ellen Kesler at (704) 210-5068 or ekesler@wfubmc.edu

RN Refresher Program
- NW AHEC offers the RN Refresher Program to nurses who want to reinstate their licenses or want to update their skills.
- Curriculum consists of a didactic component and a clinical practicum.
- Students engage in their clinical practicum at a variety of hospitals in the NW AHEC region.
- Most institutions providing clinical rotations for these students use the opportunity to recruit them for employment upon program completion and having earned their RN credentials.
- Interested health care organizations should contact Ms. Kay Herr at (336) 713-7720 or kherr@wfubmc.edu

<table>
<thead>
<tr>
<th>RN Refresher Clinical Practicum Placement at ARHS</th>
</tr>
</thead>
<tbody>
<tr>
<td>-------------------------</td>
</tr>
<tr>
<td># RN Refresher students</td>
</tr>
</tbody>
</table>

INFORMATION & LIBRARY SERVICES
- ARHS is a member of NW AHEC Information and Library Services.
- Below is a chart which reflects ARHS’s usage of NW AHEC Information and Library Services:

<table>
<thead>
<tr>
<th>7/1/05- 6/30/06</th>
<th>7/1/06-6/30/07</th>
<th>7/1/07-6/30/08</th>
<th>7/1/08-6/30/09</th>
</tr>
</thead>
<tbody>
<tr>
<td>Document Delivery Request¹</td>
<td>788</td>
<td>528</td>
<td>777</td>
</tr>
<tr>
<td>ADL² Registered Users</td>
<td>55</td>
<td>79</td>
<td>118</td>
</tr>
<tr>
<td>ADL Users who logged into the ADL</td>
<td>38</td>
<td>31</td>
<td>49</td>
</tr>
<tr>
<td>Total Number of ADL logins</td>
<td>510</td>
<td>739</td>
<td>905</td>
</tr>
<tr>
<td>Number of Site Visits³</td>
<td>10R; 1EC</td>
<td>4EC</td>
<td>10; 10R; 1EC</td>
</tr>
<tr>
<td>Number of Search Requests</td>
<td>175</td>
<td>204</td>
<td>43</td>
</tr>
<tr>
<td>Number of Consults⁴</td>
<td>458</td>
<td>394</td>
<td>324</td>
</tr>
</tbody>
</table>

¹Reflects Cannon Memorial Hospital and Watauga Medical Center activity only, as Blowing Rock Hospital joined ARHS as of June 1, 2007.
²--Materials checked out from library collection; items from library collection which have been used and re-shelved; photocopies made by library staff from library collection; and documents borrowed from a library outside of the Northwest AHEC Library system.
³ -- AHEC Digital Library
4 -- Site visits are meetings with Northwest AHEC institutional members for education, administration, promotion or consult purposes which are located away from WFUSM, Catawba Valley Medical Center, Rowan Regional Medical Center, and Watauga Medical Center.

Topics
<table>
<thead>
<tr>
<th>Search Purpose</th>
</tr>
</thead>
<tbody>
<tr>
<td>staffing for inpt mental health units</td>
</tr>
<tr>
<td>treatment of deep vein thrombosis</td>
</tr>
<tr>
<td>DVT - non-ambulation</td>
</tr>
<tr>
<td>lipase levels in cystic fibrosis patients</td>
</tr>
<tr>
<td>B12 deficiency review</td>
</tr>
<tr>
<td>Splenic artery pseudoaneurysms in trauma</td>
</tr>
</tbody>
</table>
## Topics | Search Purpose
--- | ---
Use of propranolol in hemangioma tx | Patient Care
Community-acquired pneumonia | Patient Care
Tx urinary tract infections | Patient Care
Monitoring pts. During MRI | Policy
Hyperphosphatemia in breastfeeding | Research
Brodsky consult classification system | Protocol
AHA guideline to assess for airway mgmt in anesthesia (ped) | Protocol
Thumb sucking - symptoms, reasons | Patient Care
Follicular lymphoma - Review, last 5 yrs | Patient Care
Early ambulation and nurses | Policy
Treatment of shingles/herpes zoster | Patient Care
Serum lactate levels before and after MI | Policy
corynebacterium jeikeium infection | Patient Care
Tx of acute hepatitis B in 3rd trimester of pregnancy | Patient Care
Use of animals in healthcare setting, esp. dogs | Research
Passive Range of Motion and Critically Ill (or Mechanically Ventilated) patients | Research
Frequency of PT visits to inpatient rehab pts | Education
Passive range of motion in ICU/Vent pts | Research
HCG use re:weight loss | Research
Review-Hepatitis C in newborn (Mom +) | Patient Care
Malaria | Patient Care
Etiology of Microphthalmia other than rubella | Patient Care
Floating Harbor syndrome | Patient Care
Medium chain amino acid disorder (ped) | Patient Care
outcomes of early (immediate) ambulation after dvt | Policy
Frequency of inpatient Physical Therapy treatments | Policy
Lymphedema management for the outpatient department | Patient Care
Green hospitals / economics | Research
Comparison of BSS vs. BSSplus in eye surger | Patient Care
Lipoma at insulin injection site | Patient Care
DVT - low/no compression tx | Research
Critical thinking | Research
New nurses reality shock | Research
EB research on caring for obese patients in a community hospital, esp. in surgery | Research
butoxy-ethanol - referred to Carpenter when I could not find adequate info | Research
Current wound care center techniques/strategies | Education
Hyperbaric therapy | Education
legislative/reimbursement issues for Home Health for 2008 | Research
Use of photography in documentation for wound care | Research
Obesity as it relates to chronic illness | Research
Care Team Model for Home Health Services | Patient Care
Pulsed Lavage | Patient Care
nursing management styles | Education
2009 National Patient Safety Goals for Home Health | Education
Concerta and dental caries | Research
Diverticulosis turning into Diverticulitis / diet tx | Patient Care
Search for Hippocrates’ quotation | Education
Vitamin D / Hypoglycemia | Patient Care
Oxidative Stress or Reactive oxygen/nitrogen species AND athletes | Research
Chocolate milk as a recovery beverage | Education
Cochrane - digital rectal exams & PSA screening | Education
Lymphedema and aquatics | Patient Care
Optic palsy and statins | Education
More information about these services can be found at the Northwest AHEC website: [northwestahec.org](http://northwestahec.org) or by contacting Ms. Nancy Stine at (704) 210-5587 or nstine@wfubmc.edu