



EASTERN SHORE AREA HEALTH EDUCATION CENTER



Images of the Shore

ANNUAL REPORT 2009—2010

EASTERN SHORE AREA HEALTH EDUCATION CENTER BOARD OF DIRECTORS AND OFFICERS 2009-2010

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Director of Maryland State AHEC Program

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Course Director, Introduction to Clinical Medicine
University of Maryland School of Medicine

Cover: Photo by Joan Smith, LCSW

Letter from Board President Stephanie Garrity and Executive Director Jacob F. Frego....



Stephanie Garrity, MS, Health Officer at Cecil County Health Department and President of ESAHEC Board of Directors

During this and all difficult economic times, there remains the constant need for health care services and a well-trained workforce to deliver those services. The Eastern Shore Area Health Education Center (ESAHEC) continues to work, through its programs and services, to provide necessary training to both practicing health care professionals and students.

This work is reflected in the ESAHEC's Annual Report. Despite some funding reductions, all of the ESAHEC's programs have maintained a constant level of service and fortunately, some are demonstrating additional growth and development. Further, the ESAHEC continues to investigate and utilize different, and possibly more effective methods of bringing health care workforce development resources to the region. We are indeed fortunate that while we continue to seek more effective methods of program development, the ESAHEC's core services are consistently well regarded and highly rated by participants.

While we enjoyed a successful year, much remains to be accomplished. The ESAHEC collaborated with others in submitting a grant application to establish a Medicine Residency Program. Unfortunately, the application was not funded. A residency program would bring physicians into the region for continued training and hopefully after the completion of residency, these physicians would remain in the region and practice. Further, it is critical for both the region, and the nation, to educate more primary care physicians. To that end, the Center is working with the University of Maryland Baltimore to explore methods to reach Medicine students early during their schooling to urge primary care as a career choice. This health education "pipeline" – from K-12 and through college and post-graduate training, must be strengthened to assure an adequate and well trained healthcare workforce, particularly for rural America. The Center's oral health efforts are making a significant impact on the needs of children on the Eastern Shore and while we must continue this effort, we should also find ways to bring oral health care to the adult population.

In partnership with community stakeholders, we are confident that solutions to these and other issues will be found; these successes will be discussed for future Annual Reports. All of the ESAHEC's accomplishments described in this Annual Report are, to a great extent, made possible through the cooperation of our partners. Many are described in this report and certainly include the University of Maryland Baltimore's Area Health Education Center Program Office, under the direction of Dr. Claudia Baquet, who provides invaluable leadership and assistance on AHEC issues.



Jacob F. Frego, Executive Director at Eastern Shore AHEC

With our partners, we celebrate our successes since our success is theirs also.

MISSION STATEMENT

To recruit and retain health care professionals and build healthy communities through educational opportunities and collaborative partnerships.

HEALTH CAREERS

Healthcare Careers Day

Healthcare Careers Day, held at Chesapeake College on October 30, 2009, brought together 350 high school students interested in health careers with more than 50 healthcare professionals. The day was organized as a conference, with an opening session, breakout sessions on different careers, and a career lane. During the breakout sessions, students had the opportunity to hear from six professionals discussing their careers. In career lane, students interacted with the professionals on a one-to-one basis. Display tables focused on many different careers.



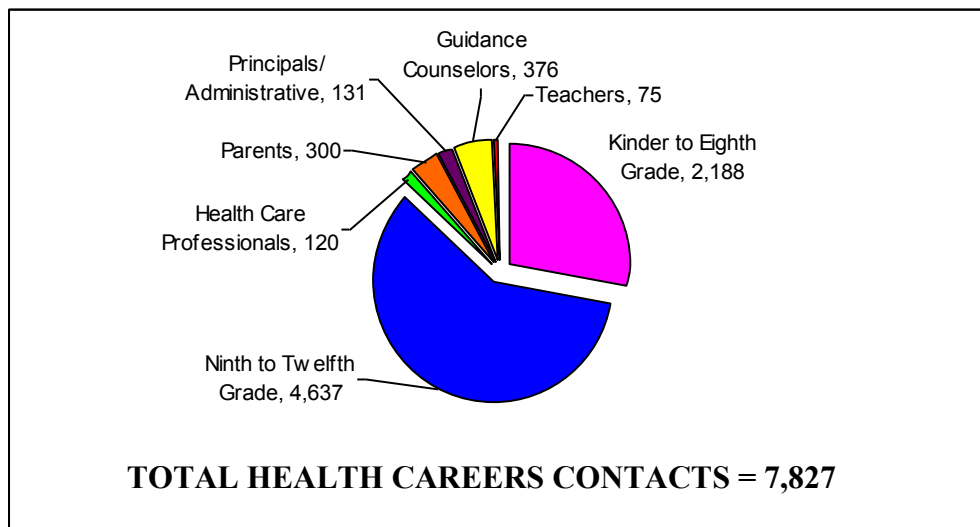
Lori Lantz, PT, of the ESAHEC, interacting with students on her Physical Therapy careers presentation.



Joan Smith, LCSW-C (L) and Angelina Dickerson, PsychD, presenting Mental Health careers at Health Careers Day.

The healthcare careers event was attended by health occupations students from across the state, including the five counties on the Eastern Shore served by Chesapeake College. This event is cosponsored by Chesapeake College, the Eastern Shore AHEC, the Upper Shore Manufacturing and Business Council, the Maryland State Department of Education and the Maryland HOSA (Health Occupations Students of America). The presentations included a fourth-year medical student, a pharmacist, a registered dental hygienist, nurses, a personal fitness trainer, an emergency medical technician, an optician and an optometric technician, a physical therapist and a physical therapist assistant, a social worker, and a psychologist.

The display tables included tables focused on careers, the health related local businesses, university programs in healthcare, health and wellness issues for teens and interactive tables.



CHILDREN'S REGIONAL ORAL HEALTH CONSORTIUM (CROC)



The CROC 2 (Children's Regional Oral Health Consortium) program is evolving in many facets of oral health education. The latest endeavor is hospital visits with the families of children requiring general anesthesia for dental restorative procedures or extractions. This is now being done at both Chester River Hospital in Chestertown and Dorchester General Hospital in Cambridge. With the addition of Mary Ellen Caldwell, RDH employed in March 2010 by Choptank Community Health Systems, Inc to work with Jeanie Holtz, RDH, covering the Kent and Queen Anne's County areas, educational outreach will be enhanced and expanded.

Educational visits were made to the migrant camps in Dorchester and Queen Anne's counties during the summer with educational table displays at Sudlersville Elementary school and Old Salty's Restaurant on Hooper's Island. Both were outreach programs geared toward migrant population.

During the past school year, presentations were made to:

- 23 elementary schools
- 14 daycare centers
- 11 different health care settings
- 3 expectant mother classes

The total number of dental care kits distributed was:

- 135 infant kits
- 4,664 children kits
- 794 adult kits
- 26 "Time for Teeth" DVDs



Jeanie Holtz, pictured with a local youth, visits the Talbot County Health Fair

During the past CROC 2 year, approximately 5,600 children and their families were reached through combined efforts of CROC's Dental Hygienists and volunteers of dental health professionals across the Shore. A special focus was screenings of migrant families with children and distributing dental kits in Queen Anne's County. Visits were made to the migrant camp in Dorchester county as well.

The Tooth Fairy seems to be connecting with children across the Shore and the "Feed Mouthie Sugar-Free Snacks" activity has been successful in gaining their attention. Adults interests were peaked in the "How Much Sugar Do You Drink?" display.

On all accounts, the CROC 2 Program is thriving and ever-changing to meet the needs of the Eastern Shore child population in hopes that early childhood tooth decay will be substantially diminished.



Jeanie Holtz (L) displays oral health information for a Multicultural Festival held in Talbot County

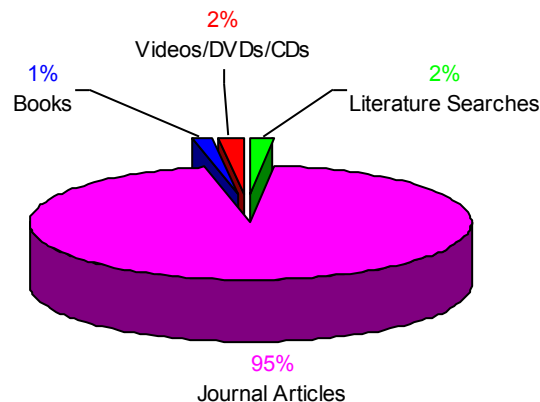
Jeanie Holtz pictured with Mary Ellen Caldwell (R) RDH, new hygienist at Choptank



LEARNING RESOURCE CENTER (LRC)

The Eastern Shore Area Health Education Center (AHEC) Learning Center (LRC) offers library information services to medical and allied health professionals, clinical education students, and librarians on the Eastern Shore. A collection of health related books, journal articles, videos, DVDs, CDs, and audio cassettes are available for loan and accessible online at www.esahec.org. Interlibrary loans, literature searches, and internet training sessions are provided by the LRC. During the past year, the LRC filled 956 interlibrary loans for the following:

ITEMS REQUESTED	# of REQUESTS
Literature Searches	16
Journal Articles	909
Books	13
Videos/DVDs/CDs	18
TOTAL	956



Interlibrary Loans

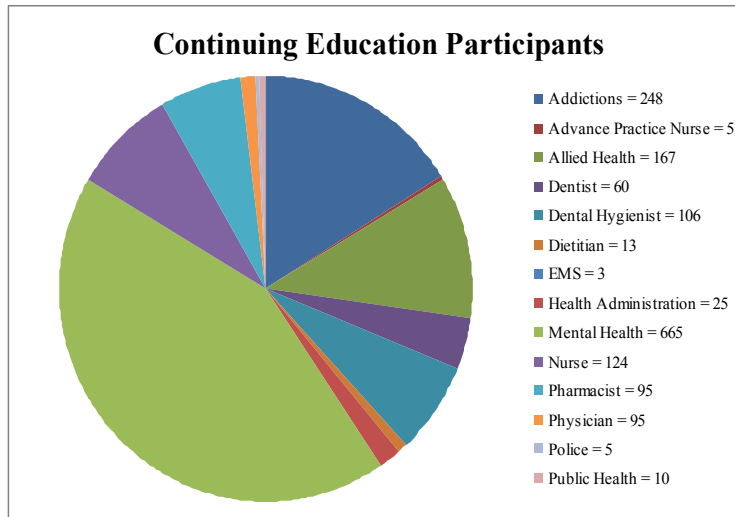
The Eastern Shore Consortium of Health Information Providers (ESCHIP) meets quarterly in the LRC. Medical, academic, special and public librarians, and health professionals on the Eastern Shore provide library and information services to all nine counties in the region. ESCHIP has welcomed speakers from the Health Sciences and Human Services Library, University of Maryland, Enoch Pratt Free Library, and Harrison Medical Library, Johns Hopkins Bayview Medical Center during the past year on the following topics: *Planning Seminar*, *Maryland Basic Legal Reference Sources* and *CSI Library*.

The Health Interest Group (HIG) of the Maryland Library Association (MLA) participated in the MLA Annual Conference in Ocean City, MD in April. HIG sponsored a workshop - *Creative Recipes and Kitchen Tips for a Healthy Lifestyle* - conducted by Linda Gorman, Harrison Medical Library, Johns Hopkins Bayview Medical Center, and Carole Wade, Learning Resource Coordinator, Eastern Shore AHEC.

The Teen Health Initiative, an outreach program funded by the National Network of Libraries of Medicine (NNLM), was completed by the Eastern Shore AHEC in September 2009. High school health classes were introduced to reliable health and health career websites. A total of fifty-six classroom sessions were completed during the school year. Total participants included 722 high school students with 272 follow up students. The AHEC is happy to report that our project has been funded once again by NNLM and is expanding to an additional county, Caroline, and continuing in Talbot and Dorchester counties for the 2010-2011 school year.

CONTINUING EDUCATION

Our Continuing Education Program had another great year with a total of **forty trainings**. Continuing education credits were provided for a total of **1,568 health professionals** for a total of **8,740 contact hours**. This success is due to the collaborative relationships we have established with health care organizations, educational institutions, health professionals associations and our Interdisciplinary Health Education Council (IHEC).



Additionally we are extremely fortunate to have grant funding to provide programs on specific topics. Funding through the Geriatric and Gerontology Education and Research (GGEAR) Program, University of Maryland Baltimore and through the Johns Hopkins Geriatric Education Center Consortium (JHGECC) is to provide programs focused on Geriatrics. Another is our Oral Cancer funding which comes from Dorchester County Health Department through the Office of Oral Health to provide programs on oral cancer and tobacco cessation. New this year is funding to provide programs on Asthma from the Maryland Asthma Control Program through the Maryland Department of Health and Mental Hygiene. There are a variety of schedules and educational requirements for the different disciplines so we try to be accommodating by offering a wide range of programs from small 2-hour evening sessions to multi-day statewide sessions. None of this would be possible without the support of our region's health care professionals that continue to support and attend our programs – Thank you!



Keynote presenter from “A Shore Way to Improve Your Diabetes”. From left: Dr. Scott Wolpin, Roger Harrell, Dr. Claudia Baquet, Dr. Kyu Rhee (presenter), and Jake Frego

2010 BIOETHICS MINI-MED SCHOOL

- The 4-part educational lecture series focused on the “*Past, Present, & Future of Medicine: The Role of Research & Clinical Trials.*”
- 107 people attended at least 1 session
- 68 graduates attended 3 or more sessions and received a T-shirt, beverage mug, and “diploma.”



2010 Mini-Med School Graduates

- Speakers included Patricia Commiskey, MA, from the University of Maryland School of Medicine; Dr. Mary Deshields, Dr. Brian Childs, and Dr. Rosa Mateo from Shore Health System, University of Maryland Medical System; and Dr. Michael Fadden, a local Family Practitioner
- **THANKS** to our partners - the Eastern Shore Cancer Research Network, Inc. and the University of Maryland School of Medicine
- **THANKS** to the National Center on Minority Health and Health Disparities for funding this event



2010 Mini-Med School Planning Committee

Seated front row (left to right): Dr. Mary Deshields, Dr. Claudia Baquet, Jacob Frego and Donna Wilson. Standing back row (Left to right): Michele Williams, Marilyn Neal and Jeanne Bromwell.

2010 MINI-MED SCHOOL FOR TEENS

The Eastern Shore AHEC partnered with the Upper Shore Workforce Investment Board (WIB) to offer the 2nd Mini-Med School for Teens. The program is designed for high school students who have an interest in pursuing a health care career. Students were given reliable labor market information for health care related employment through guest speakers, videos, online research, printed materials and a field trip. Fourteen (14) students made a commitment to attend all five sessions on Saturdays. All 14 students graduated on March 27th and received a “diploma” and a T-shirt that read “I am a Mini-Med School Graduate.”



**2010 Mini-Med School for Teens
Graduates**

Exciting New Grants with New Opportunities

Thanks to the expertise and guidance of Dr. Claudia Baquet, the Eastern Shore AHEC is working with the University of Maryland School of Medicine on two exciting new grants from The National Center on Minority Health and Health Disparities (NCMHD). These funds are from the American Recovery and Reinvestment Act (ARRA) of 2009.

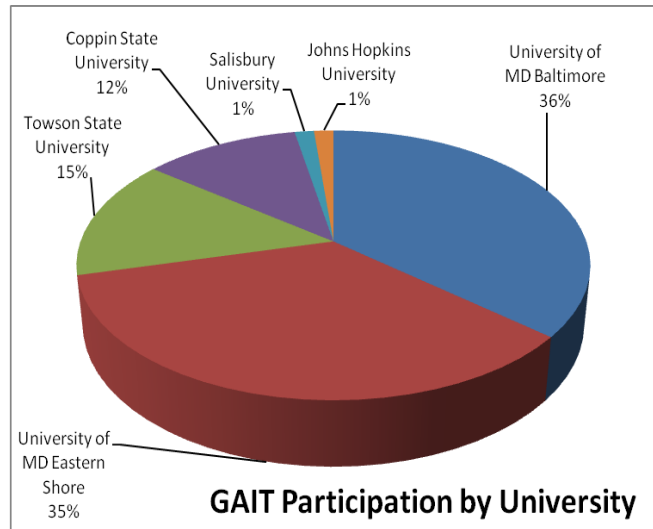
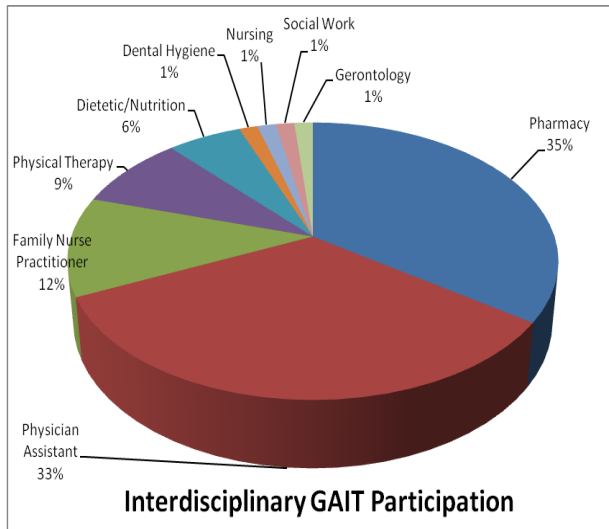
The first one is the Bioethics Research Center which is supported by Award Number RC2MD004761-01 from the NCMHD/NIH. The Bioethics Research Center is dedicated to: increasing awareness of bioethics and research; fostering greater participation of racial/ethnic minority and rural populations in clinical trials; and accelerating research and research translation. Partners include: Eastern Shore Area Health Education Center, Western Maryland Area Health Education Center, Eastern Shore Cancer Research Network, Bel Alton High School Community Development Center, Maryland Center at Bowie State University, National Newspaper Publishers Association, Maryland Academy of Physicians, and the Cancer Institute at St. Joseph Medical Center. Our role in the project includes coordinating Community Bioethics Mini Medical School Programs and health professional CME/CE programs. In addition we will be involved on a national level with some web-based training for other AHECs.

The second project is the Maryland Telehome Care Network which is supported by Award Number RC2MD004800 from the NCMHD/NIH. The purpose of this research project is to study the ability of technologies to deliver high quality medical specialty care to rural and medically underserved patients and the effects of patient outcomes and utilization of medical care resources. We are currently involved in the development of patient education program modules as well as coordinating trainings for health professionals in Southern Maryland. In addition to the Eastern Shore AHEC and the University, other partners include: Chesapeake Potomac Home Health Agency, Garrett County Health Department, Western Maryland Area Health Education Center, and Bel Alton High School Community Development Center.

GERIATRIC ASSESSMENT INTERDISCIPLINARY TEAM (GAIT)

Geriatric Training Programs in FY10

69 students attended 6 GAIT programs this year in the following counties:
Caroline, Dorchester, St. Mary's, Talbot Wicomico and Worcester



Aging Simulation Activities



David Hartwig, a Physical Therapy student, and Katherine Parrott, a Dental Hygiene student, tried to differentiate blue candy pills from green ones while wearing glasses that simulate yellowing of the lens.

Interdisciplinary Teams



Interdisciplinary student teams learned how to navigate through an electronic medical record at The Pines-Genesis Healthcare in Easton.

GAIT continued...

Other Geriatric Training Programs

- 50 Nursing students from Chesapeake College attended the 2nd Eastern Shore Community Colleges Nursing Colloquium in October at Krystal Q in Easton
- 68 students attended a ½ day Assessment Tools of Older Adults workshop at Salisbury University in October and visited skills stations representing Nursing, Nutrition, Oral Health, Pharmacy, Physical Therapy and Social Work

THANK YOU to our funders for supporting these programs!

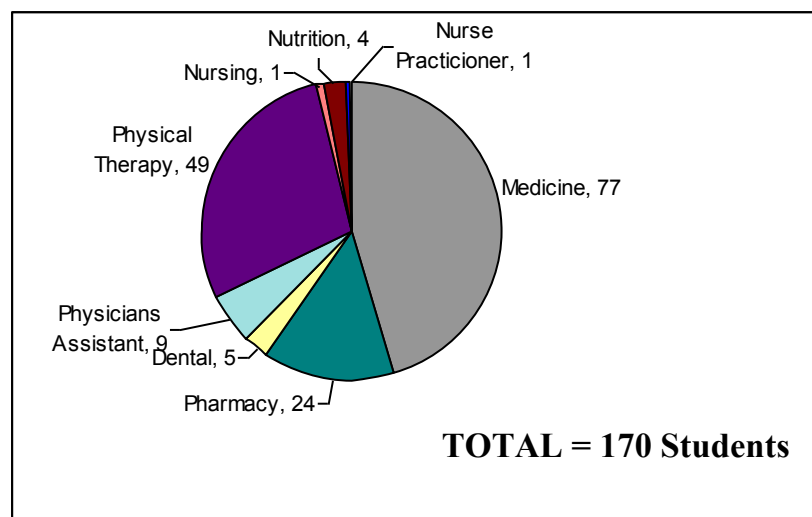
- * Geriatrics and Gerontology Education and Research (GGEAR) program at University of Maryland Baltimore
 - * Johns Hopkins Geriatric Education Center Consortium
 - * Frances Stevens Fund of the Mid-Shore Community Foundation
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CLINICAL EDUCATION

The Eastern Shore Area Health Education Center, through its Clinical Education Program, provides advanced level health care students the opportunity of learning, and practicing, health care in a rural setting. Working with dedicated practicing professionals who serve as Preceptors, 170 students received direct experience in serving patients outside the University setting. Students generally are in the region, and most residing at AHEC provided housing, for four to eight weeks or even longer rotations. The overwhelming majority of students rate their clinical rotation very highly and for many it reinforces their commitment to health care.

The ESAHEC has partnered with the University of Maryland Baltimore to extend Clinical Programs into the Tri-County area of Southern Maryland. St Mary's Hospital and Dr. Robert Bauer have worked tirelessly for several years to offer rotations for medical students in St. Mary's County.

While there is continually a good interdisciplinary mix of students, the majority this academic year were in Medicine, Physical Therapy, and Pharmacy along with others - as shown in the graph below.



2009-2010 PRECEPTORS

MEDICINE

Mohsin Ansari, MD	Glen Arzadon, MD	Karen Bauer, MD	Robert Bauer, MD
Charles Benner, MD	Thomas Biondo, MD	Jeffrey Brown, MD	Melinda Butler, MD
Edwin Castaneda, MD	James Cockey, MD	Brian Corden, MD	Roy Cragway, MD
Daniel Ephram, MD	Elizabeth Elliott, MD	Michael Fadden, MD	Fahmi Fahmi, MD
David Federle, MD	Andrew Ferguson, MD	Rajbindra Gill, MD	Jamie Harms, MD
Kinika Hampton, MD	James Herring, MD	Kevin Kearney, MD	Matthew King, MD
James Lacey, MD	Mark Langfitt, MD	Jose Ma, MD	Sherri Moore, DO
Helen Noble, MD	Eugene Newmier, DO	Brookellen Rider, MD	Jennifer Schmidt, MD
Patrick Shanahan, MD	Amish Shah, MD	Arpana Shah, MD	James Sides, MD
Barbara Socha, MD	Vibha Sood, MD	Gary Sprouse, MD	Charles Stegman, MD
Michael Sznornicki, MD	Mohan Thummalapalli, MD	Ronald Travitz, MD	Joseph Weidner, MD
Thomas Wilkinson, MD	Wafik Zaki, MD		

PHYSICAL THERAPY

Janet Mutschler, PT

NURSING

Jacqueline Smith,
CRNP,MSN

DENTAL

David Bradford, DDS
Scott Wolpin, DDS

NUTRITION

Malinda Cecil, MS, RD, LD

PHARMACY

Matthew Bazel, PharmD	Lisa Brooks, PharmD	Kevin Callahan, PharmD	Kevin Chapple, PharmD
Mary Beth Cole, BSP	Anne Copeland, BSP	Darlene Fahrman, BSP	Dennis Ferguson, BSP
John Jordan, PharmD	Robert Kline, BSP	Virbala Patel, BSP	Parveen Rawala, BSP
Thomas Sisca, PharmD,FCCP,BCSP	Lisa Townsend, PharmD		

PHYSICIANS ASSISTANT

Brian Corden, MD	Deborah Davis, MD	Julio Depena, MD	Adam Garretson, MD
Ahmad Gawad, MD	Mark Langfitt, MD	Stephanie Silverman, MD	Lt. Stacey Stump, CPNP

AGING SIMULATION SENSITIVITY TRAINING (ASST) PROGRAM

FY2010 ASST Workshops

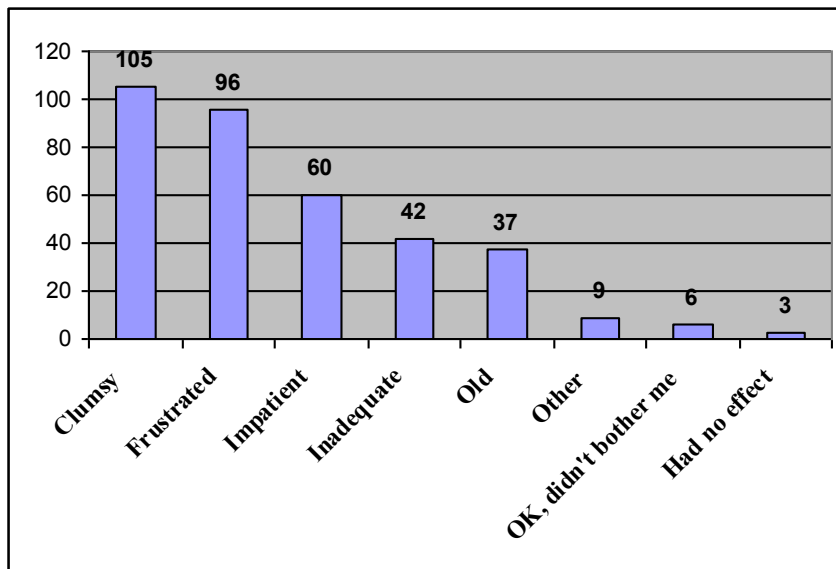
- 254 participants and 8 faculty attended ASST workshops in FY2010.
- ASST serves all counties of the Eastern Shore and also traveled across the bridge on 3 occasions to provide workshops for Adult Service Workers from Anne Arundel, Baltimore, Howard, Prince George's, St Mary's counties and Baltimore City.
- Many thanks to Johns Hopkins GEC Consortium, each Host Site and the Eastern Shore AHEC for funding the ASST workshops in 2010.

Participant Evaluations as a Tool to Measure the Value of the ASST Experience

Adult Evaluation Responses

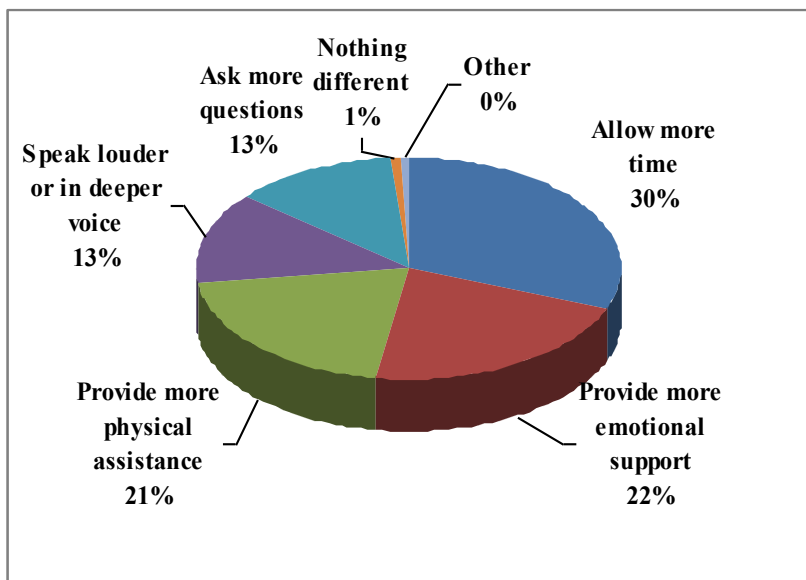
Total Number of Adult Participants - **164** (including 8 faculty and 1 guest)

Total Number of Evaluations Submitted - **155**



**Feelings Acknowledged by
Participants in Performing
Simulation Activities**

Impact ASST Experience Had on Future Interactions with Elderly or Impaired



ASST CONTINUED...

Adults and Youths Participate in an ASST Workshop Hosted by the Immanuel Lutheran Church Youth Group

Coping with Impairments - *Simulated Sensory*



TOUCH

Emily Lantz finds it difficult to dial a phone with an impaired sense of touch.



HEARING

Dave Melchior places ear plugs in his ears to simulate impaired hearing

SIGHT



Madison Parks strains to find a number in the phone book while her vision has been temporarily impaired

FINANCIAL SUMMARY

For the Fiscal Year of July 1, 2009 to June 30, 2010

Maryland Department of Health and Mental Hygiene	\$371,620
Federal Funds Received through University of Maryland Baltimore	\$ 57,379
Geriatric Gerontology Education and Research Program	\$ 8,000
Geriatric Assessment Interdisciplinary Training (GAIT) Program	\$ 40,445
CROC - Rural Health Care Services Outreach Grant Program	\$135,585
Oral Cancer - Dorchester Tobacco Cessation	\$ 10,279
GGEAR - Certified Nursing Associates Program	\$ 7,000
Bioethics	\$ 59,000
MD Telehome Care	\$ 40,000
Southern Maryland - University of MD	\$ 25,000
Southern Maryland - Dr. Robert Bauer	\$ 33,750
Mini-Medical With WIB/Teens	\$ 4,261
CNP Cancer Grant	\$ 23,000
GEC Consortium Grant	\$ 36,000
National Network of Libraries of Medicine	\$ 4,533
Asthma	\$ 20,000
Caucus and Conferences	\$ 30,142
Miscellaneous Income	\$ 23,483
Seminar/Program Revenue	\$ 10,165
TOTAL FUNDS RECEIVED	\$ <u>939,643</u>
Center Staff	\$374,430
Center Building	\$ 34,931
Center Travel	\$ 7,574
Center Equipment	\$ 4,895
Preceptor Program	\$ 4,935
Student Programs	\$ 101,600
Learning Resource Center	\$ 6,837
Center Operations	\$ 404,441
TOTAL FUNDS EXPENDED AND ENCUMBERED BY ESAHEC	\$ <u>939,643</u>

The annual audit will be conducted as of June 30, 2010 by PKS CPA Firm, Certified Public Accountants, Salisbury, Maryland. Financial Summary subject to audit.



Eastern Shore Area Health Education Center
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**Serving the Citizens of the Eastern Shore Through Partnerships to
Improve Health Care and Health Care and Health Care Resources**