



EASTERN SHORE AREA HEALTH EDUCATION CENTER



Images of the Shore

***ANNUAL REPORT
2010—2011***

EASTERN SHORE AREA HEALTH EDUCATION CENTER BOARD OF DIRECTORS AND OFFICERS 2010-2011

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Maryland Statewide Medical Education & Training System

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Director of Maryland State AHEC Program

Leslie S. Robinson, MD

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

Cover: Photos 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**

It is reported that the Sage offered the following advice, “May you live in interesting times!” And with a hint of cynicism, we do indeed live in interesting times. Our economy continues to struggle and on the National scene, health care is one of the centerpieces of a political debate which will culminate, perhaps, in November 2012.

In the midst of these exciting times, the need for health care, and a well-trained workforce to deliver this care, never waivers. The Board, and staff, of the Eastern Shore Area Health Education Center, in cooperation with its partners are working diligently to assist in both the training – and maintaining – of this health care workforce.

We are proud of our accomplishments this past year. Our Health Careers program continues to encourage our youth to consider a career in health care – there is opportunity for all! Oral Health, particularly children’s oral health, remains a major effort and with the assistance of our partners, giant strides have been made over the past 6 years in children’s oral health care – and while much remains to be accomplished, the Center, with our partners, is addressing this issue on a daily basis. The Clinical Education Program provided advanced level healthcare students the opportunity to practice serving patients in a rural setting. The backbone of the program is the Preceptors who freely give their time and energy to help train tomorrow’s workforce and shape the future of medicine.

As our population continues to age, all of us will be impacted in some fashion – either as health care workers, in a service industry, or as a family member of an aging loved one. Our geriatric programs, Geriatrics and Gerontology Education and Research (GGEAR) and Aging Simulation Sensitivity Training (ASST) assist everyone to better understand the struggle of aging. We are equally proud of our Continuing Education Program which served area health professionals by discussing topics such as Asthma, Bioethics and Research, and Chronic Diseases.

Throughout this message, we have repeatedly acknowledged that our programs, services, and success are largely attributable to the strength and assistance offered by our partners. Without their involvement, we simply could not achieve what we have. This must include the University of Maryland Baltimore (UMB) Area Health Education Center Program Office under the direction of Dr. Claudia Baquet, who provides us with invaluable leadership and assistance.

As always, we conclude this message by thanking our partners and celebrating our success which is theirs also!



**Jacob Frego, Executive
Director, Eastern Shore AHEC**

AHEC MISSION STATEMENT

Through collaborative partnerships, AHEC shall become the leader in providing educational services and programs to assist Eastern Shore communities in the recruitment and retention of healthcare professionals.

WHO WE ARE

About The Eastern Shore AHEC

The Eastern Shore AHEC is a private, non-profit, 501(C)(3) organization, which became operational in 1997. Governed by a 16 person Board of Directors, AHEC serves the nine counties comprising Maryland's Eastern Shore.

To accomplish our mission, AHEC works to recruit and retain health professionals in the medically underserved areas on the Eastern Shore and offers health care education programs for health professionals in the service area and students from colleges and universities in Maryland and surrounding areas.

AHEC develops community-based programs covering:

- Clinical Education
- Continuing Education
- Health Careers
- Oral Health
- Geriatric Training

Goals of the programs include:

- Increasing clinical awareness and practice in rural areas
- Recruiting and retaining health care personnel to the Shore
- Exposing participants to health career opportunities

"Overall my AHEC experience was fantastic! I thoroughly enjoyed my time on the Eastern Shore with Dr. Arzadon. My experience exceeded the goals/expectations that I had coming into the rotation" - Clinical Education student

2010-2011 Highlights

- Healthcare Careers Day was attended by over 200 high school students
- Our "Tooth Fairy Helper" reached 8,800 individuals with oral health educational information
- The Teen Health Initiative reached a total of 982 students through 78 classroom presentations
- A total of 325 healthcare students throughout the University System of MD and area community colleges attended geriatric programs
- Our Continuing Education Program served over 1,500 health professionals with relevant healthcare topics
- 127 advanced level health professional students participated in our Clinical Education program.

"Your organization's participation helped disseminate much needed and valuable information to children and families in Dorchester county. My staff and I received many positive comments from attendees, staff and community members" - Community Resource Fair Coordinator and Staff

Vision Statement

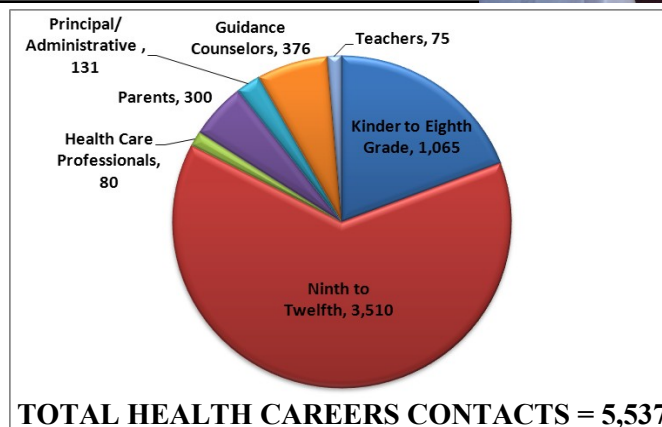
Improved access for all communities on the Eastern Shore to quality health care.

HEALTH CAREERS

Healthcare Careers Day, held at Chesapeake College on October 29, 2010, was attended by **220 high school students** from area counties. The keynote speaker was Dan McDermott, Executive Director of the Upper Shore Workforce Investment Board. He spoke about the regional and national healthcare workforce needs and stressed the local needs for trained workers in the field of health care, an industry needing workers even in times of recession. Students were able to hear about different health professions and had the opportunity to speak with health care professionals about their educational pathway and their experiences.

A very special message was delivered by Dr. Ben Carson, via DVD, who discussed the need for caring, well-trained and prepared health professionals and inspired everyone with his enthusiasm and advice. This cooperative event is co-sponsored by Chesapeake College, the Eastern Shore Area Health Education Center, Shore Health System/University of Maryland Medical System and the Upper Shore Manufacturing and Business Council. The AHEC appreciates the cooperation of all participants and looks forward with anticipation to this event next year.

Health Careers Highlights	
Grade	Activity
◇ K-3	“The Great Hospital Adventure” Puppet Kits
◇ 6-12	Formation of 4H Adventures in Health Sciences with Talbot and Caroline counties in partnership with Shore Health System (pictured at right); 4H 3-day program at Memorial Hospital in Easton; Health Careers presentations to Youth Leadership at Salisbury University
◇ 9-12	Teen Health Initiative—conducted in 3 counties; SkillsUSA active support of Medical Services/ Health Occupations high school programs; Located mentors and internships for high school students
◇ 10-12	Support of STEM program in Dorchester county by health professionals; Healthcare Careers Day at Chesapeake College (pictured at right)
◇ All	Career counseling for those interested in health careers; Obtained new materials to promote nursing careers; Conducted sessions for Wor-Wic Nursing students



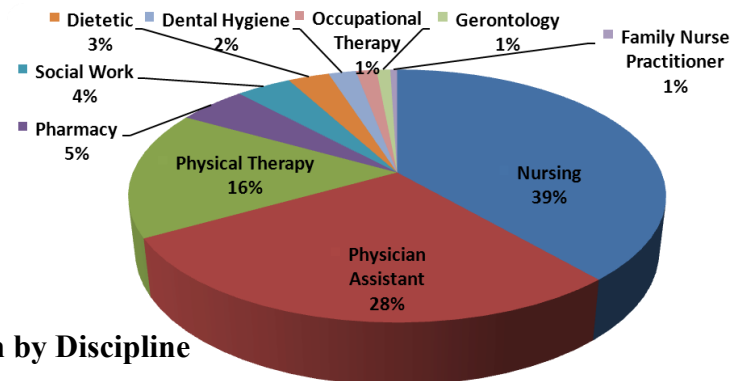
GERIATRIC PROGRAMS

Geriatric and Gerontology Education and Research and



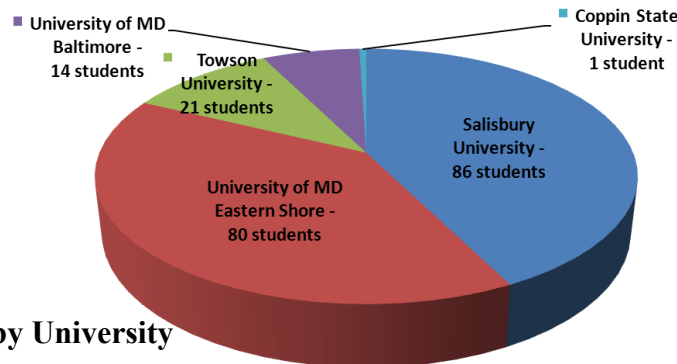
Geriatric Assessment Interdisciplinary Team (GAIT)

This past year funding from the Geriatrics and Gerontology Education and Research (GGEAR) program at University of Maryland Baltimore supported 6 Geriatric Assessment Interdisciplinary Team (GAIT) training projects and a Multidisciplinary Clinical Skills Workshop: Assessment Tools of Older Adults. A total of **202 healthcare students** from various programs throughout the University System of Maryland attended the 7 geriatric programs. A breakdown of participation by disciplines and universities follows:



Participation by Discipline

TOTAL = 202 students



Participation by University

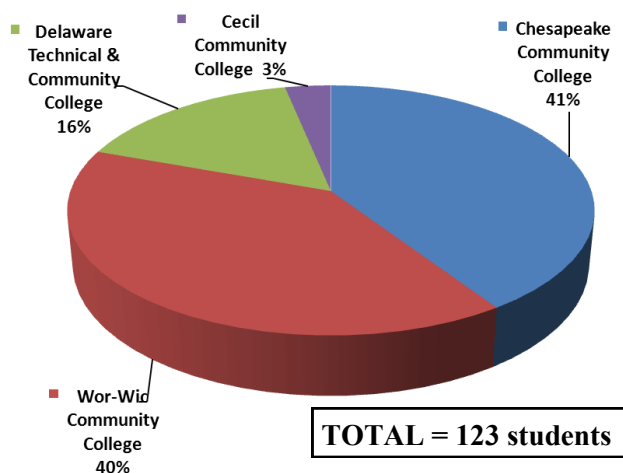
GAIT Statistics

- * **63 students** representing 10 healthcare disciplines attended GAIT programs
- * 78% of students were under 30 years of age
- * 76% of students were female
- * 62% of students were not from the Eastern Shore
- * 93-100% of students evaluated GAIT as *Good to Excellent*
- * Individual self-assessments of team skills pre and post-GAIT improved from 3.19 (*Good*) to 4.22 (*Very Good*)



Johns Hopkins Geriatric Education Center Consortium

The Johns Hopkins Geriatric Education Center Consortium grant provided for **123 Nursing students** from area community colleges to attend 4 geriatric training programs, including 2 Geriatric Assessment Interdisciplinary Team (GAIT) training projects, a Multidisciplinary Clinical Skills Workshop: Assessment Tools of Older Adults, and a Multidisciplinary Colloquium on Older Adults. Colleges represented were:



John Jordan, PharmD, BCPS of Salisbury University and Lynn Derickson, APRN, P/MH of Wor-Wic Community College were among the 6 skill stations presented at the Multidisciplinary Clinical Skills Workshop held at Salisbury University.

Comments from participants:

"I liked the insight given on patients with dementia. As a future caregiver, I appreciate the information on what to expect from various types of patients."

"The aging simulation was my favorite. It made me think about what our patients are going through."

"Very informative and practical to our learning process."

CHILDREN'S REGIONAL ORAL HEALTH CONSORTIUM (CROC)



Approximately 110 dental restorative pediatric operating room cases have been accomplished during the past year at Chester River and Dorchester General Hospitals. Dental Health presentations are being done at Expectant Mother Classes every other month at Shore Health System in Easton. The migrant camps have been covered by Choptank Community Health System's nursing staff with dental supply kits distributed.

The Tooth Fairy Helper, during the year, paid visits to daycare centers, elementary schools, and summer health fairs. New ideas and efforts continue to be explored to address the silent epidemic of early childhood cavities including increasing educational and fluoride varnish application efforts in the Shore's Women, Infants, and Children (WIC) clinics.

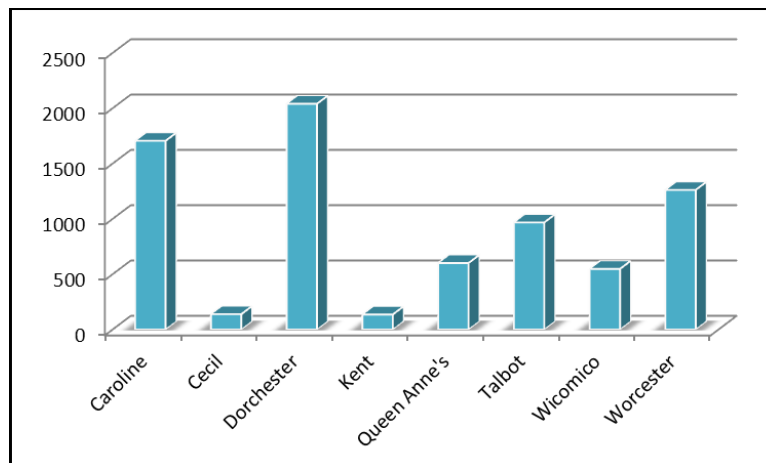


The Tooth Fairy and her puppet friends enjoy singing tunes about oral health during their visit to Easton Elementary.



Jeanie Holtz, RDH gives children at the Talbot County Health Fair tips on how to keep their teeth healthy and cavity-free.

Oral Health Supplies Distributed by County



In the 2011 fiscal year, CROC has educated approximately **8,850** people on the Eastern Shore and distributed **7,400** oral health supplies and brochures.

LEARNING RESOURCE CENTER (LRC)

The Eastern Shore Area Health Education Center's Learning Resource Center (LRC) offers library information services to medical and allied health professionals, clinical education students, and librarians on the Eastern Shore of Maryland. A collection of health related books, journals, videos/ DVDs/CDs and audiocassettes 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 **685 interlibrary loans** for the following:

ITEMS REQUESTED	# of REQUESTS
Literature Searches	12
Journal Articles	662
Books	10
Videos/DVDs/CDs	1
TOTAL	685



ESCHIP Consortium members listen intently as guest speaker Nancy Patterson, Community Outreach Coordinator, National Network of Libraries of Medicine (NNLM) discusses the topic "Alternative and Complementary Medicine".

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 of Maryland provide library and information services to all nine counties in the region. ESCHIP has welcomed speakers from the Johns Hopkins Bayview Medical Center, the National Network of Libraries of Medicine, and the Eastern Shore Hospital Center during the past year on the following topics: *Creative Recipes & Kitchen Tips for a Healthy Lifestyle*, *Geriatric Health Resources*, *Alternative & Complementary Medicine*, and *Behavioral Medicine*.

The Teen Health Initiative, an outreach project, received new funding from the National Network of Libraries of Medicine during the 2010-2011 school year. The Eastern Shore AHEC partnered with Talbot County Public Schools and Talbot County Free Library, Dorchester County Public Schools and Dorchester County Public Library for another year. The project included a new partner, one public high school in Caroline County and the Caroline County Public Library. High school health classes in the three counties were introduced to reliable health and health career websites such as medlineplus.gov and were encouraged use public library databases to find accurate health information. The Teen Health Initiative reached a total of **982 students** through 78 classroom presentations. This project has been well received by our partners and new funding is being explored for continuation of this project in the future.



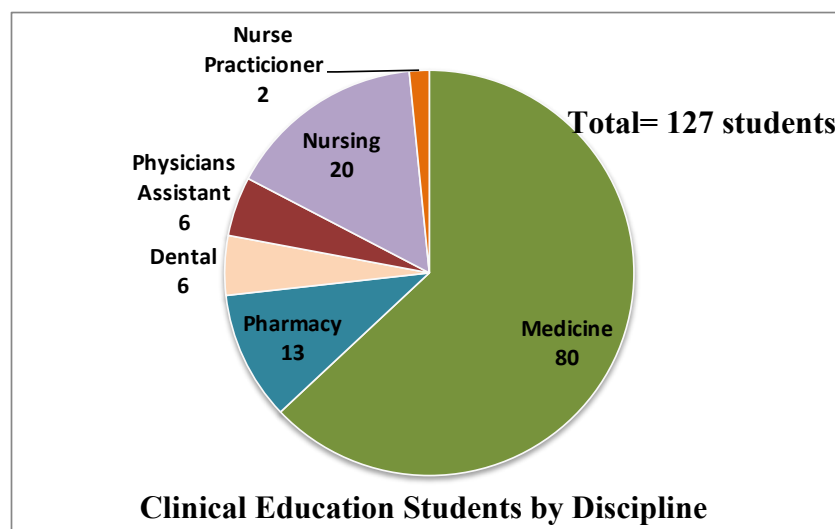
Teen Health Initiative student winners from St. Michael's High School.

The Teen Health Initiative project has been funded in whole or in part with Federal funds from the National Library of Medicine, National Institutes of Health, & Department of Health and Human Services, under contract No. NO1-LM-6-3502 with the University of Maryland Baltimore.

CLINICAL EDUCATION

The Eastern Shore Health Education Center, through its Clinical Education Program, provides advanced level health care students the opportunity to practice health care in a rural setting under the guidance of a board certified Preceptor. This year a total of **127 students** participated in the program, working directly with professionals in the community, both on the Eastern Shore and in Southern Maryland. Dr. Robert Bauer, in coordination with St Mary's Hospital, assisted in providing housing and rotations in Southern Maryland.

In February, the Center added an additional apartment in Salisbury, bringing the total number of apartments to seven. The apartments are greatly utilized by the students while completing their 4-8 week rotations. The overwhelming majority of students rate their clinical rotation very highly for both their Preceptor training and housing facilities. While there is a continued mix of academic disciplines working with the Center, the majority of students were Medicine, Pharmacy, and Physician Assistant—as shown in the graph below.



Comments from students:

"Thank you for providing me with housing as well as coordinating my Peds rotation with GWU and Dr. Langfitt. I had an exceptional time and I learned a lot! The housing was perfect and I have no complaints! I hope other students have found their experience enjoyable as well. Thanks again for everything!"

"I enjoyed my AHEC experience. The entire staff was very nice and supportive. It was interesting and refreshing to see the type of patient-doctor relationship in Southern Maryland."

This year the Clinical Education program implemented a **Summer Shadow Experience** during the summer months, which brought students between their first and second year of Medical School to the Shore to "shadow" doctors. This program partnered students with doctors and in some cases, Community Health Departments, allowing them to better appreciate primary care options earlier in their Medical School training. This year **9 students** participated in this opportunity and the majority utilized our housing.

Students from as far away as Arizona and New Mexico also completed rotations on the Shore. We also worked with several Pharmacy students from the University of Maryland Eastern Shore who were the first 3rd-year students to complete this program. We look forward to continued interaction with health care students from Universities throughout the region and beyond in the coming year.

2010-2011 PRECEPTORS

MEDICINE

Lanré Akinkumni, MD	Glen Arzadon, MD	Mirza Baig, MD	Karen Bauer, MD
Robert Bauer, MD	Thomas Biondo, MD	Jeffrey Brown, MD	Melinda Butler, MD
Edwin Castenada, MD	Jason Clem, MD	James Cockey, MD	Elizabeth Elliott, MD
Michael Fadden, MD	David Federle, MD	Andrew Ferguson, MD	Rajbinder Gill, MD
Jamie Harms, MD	James Herring, MD	Brett Hofmann, MD	Bhasker Jhaveri, MD
Rita Jhaveri, MD	James Lacey, MD	Mark Langfitt, MD	Sherri Moore, DO
Eugene Newmier, DO	Helen Noble, MD	Brookellen Rider, MD	Jennifer Schmidt, MD
Patrick Shanahan, MD	Jennifer Sheehan, MD	James Sides, MD	Timothy Sneizak, MD
Vidha Sood, MD	Gary Sprouse, MD	Michael Szkotnicki, MD	Joseph Weidner, MD
Thomas Wilkinson, MD	Wafik Zaki, MD		

DENTAL

Scott Wolpin, DDS

David Bradford, DDS

NURSING

Jackie Smith, CRNP, MSN

Tormeika Sanford, NP

PHYSICIANS ASSISTANT

Karen Bauer, MD

Brian Corden, MD

Mark Langfitt, MD

PHARMACY

Kevin Chapple, PharmD

Nickole Henyan, PharmD

Rebecca Schulkowski,
PharmD

Darlene Fahrman, BSP

John Jordan, PharmD

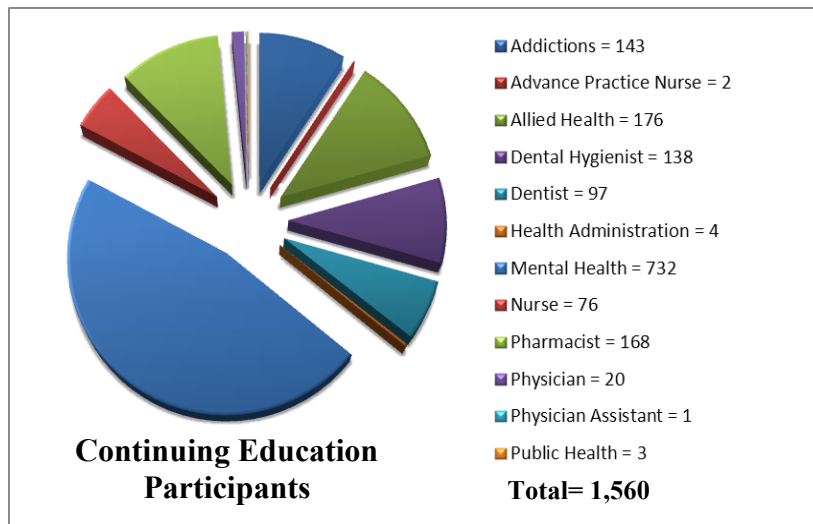
Dae Hak Yim, PharmD

Jeffrey Farace, BSP

Dennis Killian, PharmD, PhD

CONTINUING EDUCATION

The Eastern Shore Area Health Education Center's Continuing Education Program is successful because of the relationships we have developed and maintained with health care organizations, educational institutions, health professional associations and our Interdisciplinary Health Education Committee (IHEC). This year a total of **32 programs** were held that provided continuing education credits for **1,560 health professionals** for a total of **7,721 contact hours**. Some of this year's topics included: Asthma, HIV/Aids, Bioethics and Research, Geriatrics, Oral Health, Ethics, Trauma, and Chronic Diseases. Through our contacts with health professionals in the region as well as our partnerships with the University of Maryland, Baltimore and Johns Hopkins University we have been fortunate to bring quality programs with excellent presenters to the Eastern Shore.



Dr. F. Michael Gloth, III presenting on "Ethical Dilemmas and Decision Making in Caring for Adults"



Dr. John Burton presenting "How Traumatic Life Events Impact the Overall Well-Being of Older Adults"

A special thank you to the funders that support our Continuing Education programs:

- ◇ Geriatrics and Gerontology Education and Research (GGEAR) Program, University of Maryland, Baltimore
- ◇ Johns Hopkins Geriatric Education Center Consortium
- ◇ Maryland Asthma Control Program, Maryland Department of Health & Mental Hygiene
- ◇ Dorchester County Health Department & DHMH Office of Oral Health
- ◇ National Center on Minority Health and Health Disparities & University of Maryland School of Medicine

BIOETHICS

Bioethics Mini Medical School 2011

- This year's Mini Med, "Past, Present and Future of Health: The Role of Research and Clinical Trials in Advancing Health" was held in Dorchester County at the Holiday Inn Express
- We had a total of **54 participants** and **41 graduates**
- Speakers included Mary S. De Shields, MD, Rosa Mateo, MD, Michael Fadden, MD, Brian Childs, PhD, Anish Hinduja, MD, and Samantha Gibson
- In addition to the four core bioethics lectures, participants were provided presentations on HIV/Aids, Diabetes & Hypertension, and Kidney Disease.



2011 Mini-Med School Graduates

Health Professional CE/CME

- Two continuing education programs entitled "*Bioethics and Research: The Benefits and Risks of Clinical Trials*" were held this year for **56 physicians and nurses**
- The programs focused on increasing their knowledge of ethics in research, description of risk/benefits for patients and clinical trials, current clinical trials available, and past practice models of proven clinical trial interventions
- The presenters were Claudia R. Baquet MD, MPH and Mary S. De Shields, MD
- We will be working with the National Bioethics Research Center to continue our continuing education efforts with some web based programs.

Jeanne Bromwell (r) attends the National AHEC Conference with Bioethics display



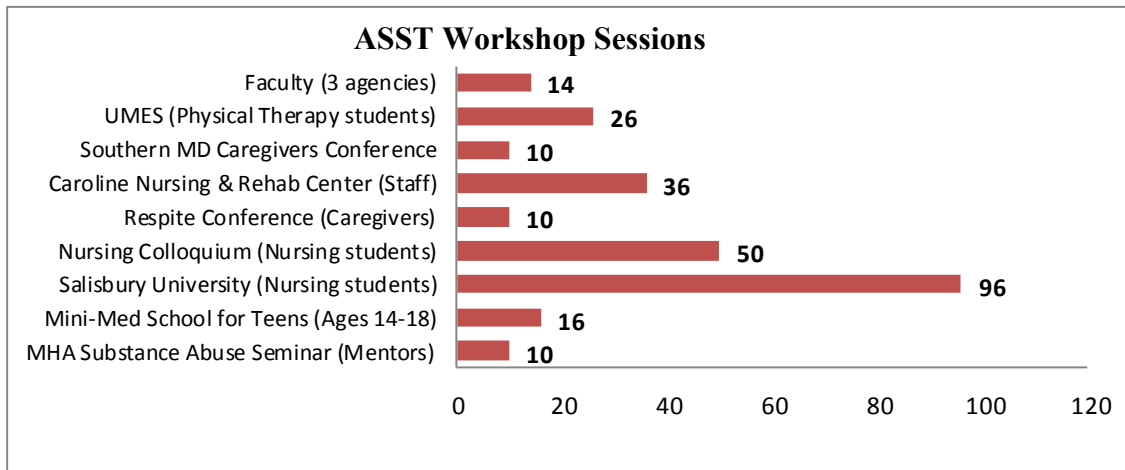
Participants at the Physician Workshop sponsored by Eastern Shore Cancer Research Network

The project described is supported by Award Number RC2MD004761 from the National Center on Minority Health and Health Disparities (NIH).

AGING SIMULATION SENSITIVITY TRAINING (ASST) PROGRAM

FY2011 ASST WORKSHOPS

People of all ages and academic backgrounds have participated and learned from AHEC Aging Simulation Sensitivity Training (ASST) workshops. The chart below illustrates the numbers of the varied focus groups, age cohorts, and agencies who participated in ASST workshops this past year.



- * A total of **265** people attended ASST workshops in FY-2011
- * **251** respondents out of the **255** evaluations collected would recommend the ASST experience to others
- * Groups recommended by participants to receive ASST trainings, in order of preference were:
 - Health care professionals
 - Co-workers
 - Family members
 - Friends
 - Others

One of the goals of the ASST program is to reach out to every cohort in the community. The FY-2011 respondents recognized the value of the ASST program and inadvertently supported this goal. The FY-2011 data included in this report illustrates that this ASST goal has again been successfully met.



Salisbury University Nursing students have difficulty buttoning shirts while wearing vinyl gloves with cotton ball tips which impaired their sense of touch.



Senior Care staff at Caroline Nursing and Rehabilitation Center concentrate on completing tasks at the workshop hosted at the facility.

The ASST Program is grateful to each Host Site, the Johns Hopkins Geriatric Education Center Consortium Grant, and the Eastern Shore Area Health Education Center for funding the Aging Simulation Sensitivity Training workshops.

FINANCIAL SUMMARY

For the Fiscal Year of July 1, 2010 to June 30, 2011

Maryland Department of Health and Mental Hygiene	\$ 371,620
Federal Funds Received through University of Maryland Baltimore	\$ 66,210
Geriatric Gerontology Education and Research Program	\$ 8,000
Geriatric Assessment Interdisciplinary Training (GAIT) Program	\$ 45,000
CROC - Rural Health Care Services Outreach Grant Program	\$ 117,280
Oral Cancer - Dorchester Tobacco Cessation	\$ 10,279
GGEAR - Certified Nursing Associates Program	\$ 7,000
Bioethics	\$ 98,958
MD Telehome Care	\$ 43,642
Southern Maryland - University of MD	\$ 25,000
Southern Maryland - Dr. Robert Bauer	\$ 33,750
Mini-Medical With WIB/Teens	\$ 14,055
GEC Consortium Grant	\$ 40,000
Maryland Regional Care Network	\$ 10,363
National Network of Libraries of Medicine	\$ 25,000
Asthma	\$ 22,676
Caucus and Conferences	\$ 26,706
Miscellaneous Income	\$ 27,603
Seminar/Program Revenue	\$ 6,005
TOTAL FUNDS RECEIVED	\$ <u>999,146</u>
Center Staff	\$ 520,201
Center Building	\$ 27,741
Center Travel	\$ 2,417
Center Equipment	\$ 36,295
Preceptor Program	\$ 2,116
Student Programs	\$ 127,084
Learning Resource Center	\$ 5,190
Center Operations	\$ 278,101
TOTAL FUNDS EXPENDED AND ENCUMBERED BY ESAHEC	\$ <u>999,146</u>

The annual audit will be conducted as of June 30, 2011 by PKS CPA Firm, Certified Public Accountants, Salisbury, Maryland. Financial Summary subject to audit.



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