



# Eastern Shore AHEC Annual Report 2018-2019

*Images of the Shore*  
*Photo by: Shore Girl Photography*

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# STAFF & BOARD OF DIRECTORS

## 2018-2019 BOARD OF DIRECTORS

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## 2018- 2019 ESAHEC Staff

Jennifer Berkman- Deputy Director & Cont. Education

Randy Holliday - GAIT/CHW Trainer

Caitlyn Donohue-Vega - Children's Oral Health

Andrea Dayton - Clinical Education Coordinator

Steffanie Malkus - EARN/Grant Coordinator

Judith Slaughter - ASST Coordinator

Damaris Bourland- Health Careers Coordinator

Erica Tracy - Fiscal Officer/Office Administrator

Courtney Stouffer - Office Administrator/Data Coordinator

Patti Miller—MHB Navigator

Robin Monahan—MHB Navigator

Consuelo Coffman —MHB Navigator

Amethyst McNabb—MHB Navigator

Jacob Frego- Executive Director

# Thank You!!!

## FROM THE BOARD PRESIDENT & EXECUTIVE DIRECTOR

In our message last year we discussed change - How the health care system continues to change with time. We see change within the Eastern Shore with the planning to establish a Family Medicine Residency Program. We are also seeing more Mid-Level practitioners in clinical settings, and the recognition that different practitioners may take the lead in specific medical treatments.

However, even with this ground swell of change consistency remains within the Eastern Shore.

As seen in the Annual Report the programs of the Eastern Shore Area Health Education Center remain invested in the needs, and services to the region. Our Clinical Education program continues to connect students with practicing health care professionals; our Geriatric program continues to help students better understand the need of an interdisciplinary approach in service to our elderly citizens; our Health Careers program continues to assist and help High School students explore the tremendous opportunities available through a career in health care; our Oral Health Outreach program continues to reach and educate thousands of children every year on the Eastern Shore! Lastly, Our Maryland Health Connection program has enabled hundreds of citizens the opportunity to realize a most prize possession - Health Care Insurance. So, while change is both inevitable and most times beneficial, the Eastern Shore Area Health Education Center works with change but also maintains consistency of programs and services to the region.

A Special note that without the assistance of our partners our accomplishments would indeed not have been achievable. To all who made our accomplishments possible - our deepest appreciation and thanks!



## Oral Health Outreach



Our new Tooth Fairy's Helper (TFH) Caitlin Donohue-Vega, RDH, BS took flight in June 2018 and travelled near and far. Accompanied by her many puppet friends, they delivered lots of excitement with their "Toothy Tunes" to students, teachers and caregivers across the Eastern Shore of Maryland, from bay to beach, with a primary focus on Title I schools to educate and promote healthy oral hygiene practices before bad habits form. In total **5,234 children** received oral health education and oral hygiene supplies (toothbrush, toothpaste, floss and 2-minute timer). If you look to the skies, you may see the twinkling lights of the TFH herself as she continues her mission of promoting oral health and reducing the rate of oral disease in children on the Eastern Shore.

In addition, Ms. Donohue-Vega hosts a quarterly Oral Health Task Force Meeting at our ESAHEC office in Cambridge, MD, which encompasses a group of people from a variety of backgrounds: medical, dental public health, the MD Office of Oral Health as well as senators and state delegates. The meeting is always very well attended and not only provides a good networking opportunity but also a way to address current public health concerns in our area and working together to better serve those needs in the community. In addition, it is a way to have our voices heard and gain the support of our local politicians that deliver our message to the door of legislators. For more information on ESAHEC's Oral Health Outreach Program please contact Ms. Donohue-Vega at [cvega@esahec.org](mailto:cvega@esahec.org).



# AGING SIMULATION SENSITIVITY TRAINING

The Aging Simulation Sensitivity Training (ASST) is developed to encourage empathy for older adults. ASST helps students, caretakers, nurses, therapists, customer's service representatives and the general population experience how a large portion of our geriatric population is sometimes treated.

Participants visit 16 different scenarios/stations each one facilitating a function that lessens in quality with age: Hearing, Perception of the Elderly, Social Losses, Vision, Mobility, and Memory. Throughout the simulation, students experience a loss in hearing, various physical discomforts, i.e. neuropathy, social losses, and the perception of being elderly. To experience hearing loss, participants are given a 5-minute aging kit - ear plugs for hearing losses and to experience peripheral neuropathy, participants put beans in their shoes for the duration of the simulation. At the end of the simulation, participants have a better understanding as to how older adults feel and leave with an educated understanding on how to help older adults feel as valued and respected.



Our two-hour program allows participants to experience, first-hand, the sensory deprivation and learn about the psycho-social changes endured by older adults. Both of which may negatively impact the 'Older Adult's everyday life. The purpose of our workshop is to able

caregivers to better respond to those for whom they provide care. If you are interested in learning more or scheduling an in-service staff workshop for 2020, please contact the Judy Slaughter at (410) 221-2600.

# HEALTH CAREERS

It has been a busy and exciting year for the Health Careers program at the Eastern Shore Area Health Education Center. Ms. Damaris Bourland, RN, BS, LMT, Health Careers Coordinator, introduced a pilot initiative in September, 2018, establishing partnerships between the ESAHEC and high schools in Talbot, Dorchester, Caroline and Somerset Counties.



## The Aging Simulation Sensitivity Activity

allows participants to experience, first hand, the sensory deprivation and the psycho-social changes endured by older adults and how they impact the everyday life of our aging population. In addition to learning about specific aging processes and conditions, the outcome of the training is an enhanced awareness and understanding of how to successfully interact with our aging population and increased Knowledge and empathy for them.

**What's Under Our Skin?** Is a hands-on dissection experience. This program allows participants to visualize, feel, and observe how connective tissue (fascia)



and muscle tissue interact to produce movement and function. Students dissect specific muscles, examine their structure and observe how they connect to anatomical structures. In addition, students discuss the importance of maintaining healthy fascia (connective tissue) including postural habits, sports activities and injuries, nutritional health and life style.

**Exploring Health Career Pathways/Simulation Lab Tour**, combines a didactic learning experience and a tour of the simulation labs at Chesapeake College. This successful program provides students with an understanding of how to grow and advance professionally within the health field. These fun, hands-on programs have been well received by students and teachers alike. By year's end, just over 700 students participated in the programs in seven (7) high schools in four counties.



**All About Med School**, a program offered in collaboration with the ESAHEC Clinical Coordinator and medical students completing their rural medicine preceptorship on the shore.



**Thank You Donors for assisting students  
examine a career in health care!**





# GERIATRIC ASSESSMENT INTERDISCIPLINARY TEAM

DATE(S)	SITE/TOPIC	ATTENDANCE
October 8, 2018	HealthSouth Chesapeake Rehabilitation Hospital Salisbury, MD <u>Wicomico County</u>  <i>"Rehabilitation of the Amputee"</i>	4 - PA/ Towson 1 - Nursing UM-Baltimore 2 - Pharmacy/UMES 1 - SW/Salisbury 4 - PT/UMES 4 - OT/Towson 1 - Medicine/UM-Baltimore 2 - NP/ UM- Baltimore  <b>Total Students 19</b>
March 8, 2019	Heron Point of Chestertown Chestertown, MD <u>Kent County</u>  <i>"Function &amp; Independence = Quality of Life"</i>	7 - PA /Towson 3 - Pharmacy/UMES 1 - SW/Salisbury  <b>Total Students 11</b>
March 18, 2019	Atlantic General Hospital Berlin, MD <u>Worcester County</u>  <i>"NICHE- Nurses Improving the Care of Health System Elders"</i>	1 - PT/UMES 5 - PA/Towson 1 - Pharmacy/UMES 2 - Medicine/UM-Baltimore 2 - OT/Towson  <b>Total Students 11</b>
April 9, 2019	Chesapeake Woods Center Cambridge, MD <u>Dorchester County</u>  <i>"Dementia"</i>	2 - PA/ Towson 2 - Pharmacy/UMES  <b>Total Students 4</b>
<b>TOTAL</b>	<b>4 GAIT Projects</b>	<b>45 GAIT Participants</b>



# PRE-ASSESSMENT AND POST-ASSESSMENT of TEAM SKILLS Learning the Needs of Serving the Geriatric Patient FY 2019

## Team Skills Scale

Twenty statements ranked:

*5 - Excellent*

*4 - Very Good*

*3 - Good*

*2 - Fair*

*1 - Poor*

Pre-Assessment  
Mean Score

Post-Assessment  
Mean Score

MEAN SCORE

3.63

4.46



# COMMUNITY HEALTH WORKER TRAINING

The CHW workforce consists of both paid professionals and volunteers who serve as a liaison/link/intermediary between health and social services and the community to facilitate access to services and improve the quality and cultural competency of service delivery.

They provide a range of health and social services such as:

- Patient advocacy
- Community outreach
- Patient education
- Interpretation services
- Social support
- Connecting patients and resources



Recent national data indicates CHWs are a key resource in increasing access to health care and reducing health disparities. The ESAHEC has trained over **75 CHWs** since 2014.

At this time, the ESAHEC is proud to announce a collaboration with Wor-Wic Community College that will result in a hybrid-CHW course being offered at their Salisbury, MD location in the Fall of 2019.

The hybrid designation means that 50% of the course is delivered via the internet. The integration of technology within the program provides increased access to training, convenience for working and non-traditional students and lower overall costs for both provider and consumer.

# CONTINUING EDUCATION

The Eastern Shore AHEC partnered with the University of Maryland School of Pharmacy; Somerset, Wicomico, and Worcester County health departments; Atlantic General Hospital, McCready Health and Peninsula Regional Medical Center to educate **175** pharmacists, nurses, physicians, public health professionals and community members on the prevention and management of hypertension and heart disease through funding provided by Maryland Department of Health (MDH) Center for Chronic Disease Prevention and Control.



Discipline/Type of Program	Number of Programs	Number of Participants	Number of Adult Learners	TOTAL Participants
Behavioral Health	5	98		
Dental	1	135		
Geriatrics	2	41	35	
Health Education/ Outreach	7	861	364	
Health Literacy/Cultural Competency	1	35		
Interdisciplinary Education	6	497		
Nursing	1	5		
Pharmacy	6	178		
<b>TOTAL</b>	<b>29</b>	<b>1850</b>	<b>399</b>	<b>2249</b>

Continuing Education Programs focuses on interdisciplinary educational outreach for the region's health professionals and adult learners. Offerings are based on emerging health issues, best practices, and assessments from professional associations, coalitions, and health care entities in order to provide opportunities that are relevant, current, and effectively delivered.

# EMPLOYMENT ADVANCEMENT RIGHT NOW

The Eastern Shore Area Health Education Center is in the next stages of the third phase of the Employment Advancement Right Now (EARN) program. In October 2017, ESAHEC received funding from the Department of Labor and Licensing Regulation (DLLR) in order for the Eastern Shore Ready to Care partnership in order to continue employment advancement on the Eastern Shore. The program partners consists of healthcare entities throughout the nine counties on the Eastern Shore who are dedicated to helping individuals secure job placement and/or advancement and filling the employment gap within the industry. Grant funds are utilized to train, certify and place Certified Nursing Assistants (CNAs) throughout the Eastern Shore. To date the partnership has trained and placed



**106 CNAs on Maryland's  
Eastern Shore**

thirty (30) CNAs with an ultimate goal of forty-five (45) by the end of the funding period. Funding has also enabled the partners to offer currently certified CNAs credential stacking certifications (such as phlebotomy, Certified Medicine Aide, Pharmacy Technician, EKG Technician, and Dialysis Technician). Funding will also allow partners to offer Mental Health First Aid certification to seventy-five (75) CNAs in order to meet the increasing needs for mental health skills in the workplace. To date the program has trained and placed 106 CNAs throughout the

Shore. Many thanks to our partners; Cecil College, Chesapeake Community College and Wor-Wic Community College for assisting in making this job program possible.



# AHEC SCHOLARS & CLINICAL EDUCATION

The ESAHEC Clinical Education program pairs future health care students with experienced, dedicated preceptors and provides furnished apartments in convenient locations on the Eastern Shore so that students can experience life on the shore and service in a rural area.

In addition to placing Primary Care Track students and 4<sup>th</sup> year medical students this year we successfully completed two pilot programs for the new AHEC Scholars program. AHEC Scholars is a two year longitudinal program with interdisciplinary curricula used to implement a defined set of clinical, didactic and community-based activities.

Participants have a current interest in rural or underserved healthcare and are currently enrolled in a health professions degree program. They must be two years from program or degree completion. Disciplines include but are not limited to medical, dental, pharmacy, nurse practitioner, nursing, physical assistant, and social work, physical therapy, occupational therapy, and public / population health. Interested students can apply for AHEC Scholars through the Maryland AHEC website which also has a video with student testimonials and a description of the program. <http://www.medschool.umaryland.edu/mahec/About-MAHEC/Signature-programs/>



*Elizabeth Elliott, M.D. and Frances Seymour, M.D. of Miles River Physicians (both graduates of University of Maryland School of Medicine and AHEC success stories) led a discussion on various topics in primary care medicine with students participating in the AHEC Scholars pilot program during a Supper and Share meeting in Cambridge.*

Brookellen Rider, D.O., Family Medicine Physician at Peninsula Cardiology in Berlin and Tosin David, Pharm.D. from the pharmacy department at UMES helped to facilitate the discussion during an AHEC Scholars Supper and Share meeting in Berlin where Medical, NP and Pharmacy students shared their roles in patient care.



## 2018-2019 AHEC Preceptors

Thomas Brandon, MD  
 Melinda Butler, MD  
 Edwin Castaneda, MD  
 Alon Davis, MD  
 Y. Robert Ding, MD  
 Elizabeth Elliott, MD  
 Ahmed Gawad, MD  
 Jamie Harms, MD  
 Brent Hofmann, MD  
 Khalid Kurtom, MD  
 Danielle Orr, MD

Eugene Newmier, DO  
 Courtney Pearson, MD  
 Julio Ramirez, MD  
 Brookellen Rider, DO  
 Timothy Schneider, MD  
 Casey Scott, MD  
 Frances Seymour, MD  
 Hi Sup Sim, MD  
 Timothy Sniezek, MD  
 Charles Stegman, MD  
 Jennifer Wehberg, MD

Joseph Weidner, Jr. MD

<b>Financial Review FY 2019</b>	<b>AMOUNT</b>	<b>%</b>
MARYLAND DEPARTMENT OF HEALTH	\$ 18,078	2%
MARYLAND HEALTH BENEFIT EXCHANGE	\$ 262,240	25%
DORCHESTER COUNTY HEALTH DEPARTMENT	\$ 63,609	6%
DEPARTMENT OF LABOR, LICENSING AND REGULATION* 2YR GRANT	\$ 181,138	17%
COMMUNITY FOUNDATION OF THE EASTERN SHORE	\$ 6,000	1%
MARYLAND DEPARTMENT OF HEALTH	\$ 380,205	36%
HEALTH RESOURCES AND SERVICES ADMINISTRATION	\$ 80,509	8%
UNIVERSITY OF MARYLAND BALTIMORE	\$ 47,500	4%
UNIVERSITY OF MARYLAND BALTIMORE	\$ 15,000	1%
RURAL MARYLAND COUNCIL	\$ 15,120	1%
	<b>\$ 1,069,399</b>	<b>100%</b>



## A day at the Center















