2017-2018

Community Health Screening

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Letter from the Director

Dear Friends, Supporters and Colleagues;

Another academic year came to an end and the joy of graduation filled me with wonder and awe. I wondered where the time went and what our graduates will do with their chosen profession. I am in awe with the thought that over 1100 individuals have received preventative services from our faculty, students and residents through Idaho State University- Meridian Health Science Center's Community Health Screening (CHS) project since January 2010.

While the CHS screening process has changed significantly since the early years, the fundamental missions of the project has not: utilize interprofessional teams of students, identify potential medical, dental and/or mental health concerns and connect those in need to a primary medical home. This is a tough mission to fulfill. Our community is lucky to have so many wonderful individuals and organizations devoted to providing affordable care, necessary resources and collaboration with our project. These collaborations allow us to have capacity to connect CHS participants with a medical, dental and/or mental health care home; however, cost of services and time constraints continue to be significant challenges for individuals presenting to one of our 6 events held each year. This fact does not dampen our desire to accomplish our mission.

Each event requires two Career Path Interns, approximately 30 resident and student volunteers along with their clinical faculty supervisors. Over the course of the semester, our students learn from and interact with each other, while providing screening services to participants with compassion and professionalism. The collaboration that occurs amongst these students extends beyond a screening event and is visible throughout the halls of ISU.

As we look forward to another year, we want to thank you for your support and vision. Your continued partnership truly enables us to reach our mission. Without your support, we would not be able to attract individuals to our events, we would not be able to connect individuals to the care they need, and we would not have the financial capacity to provide the supplies needed to carry out our Community Health Screening events. Thank you again!

Sincerely,

Glenda Carr, CHS Director

Idaho State University- Meridian Health Science Center

Idaho State University Meridian Health Science Center offers over 30 undergraduate and graduate programs including online degrees and serves approximately 1,000 students and working professionals in the Treasure Valley. ISU-Meridian was selected as one of the nation's top 10 branch campuses by Thebestcolleges.org. It is home of the L.S. Skaggs Pharmacy Complex and the L.S. & Aline W. Skaggs Treasure Valley Anatomy and Physiology Laboratories.

ISU-Meridian serves the Treasure Valley community by offering affordable clinic services through the Delta Dental of Idaho Dental Residency Clinic, Speech/Language Clinic, Counseling Clinic, and Medication Therapy Management Clinic.

ISU-Meridian has unique partnerships with private and public entities throughout the Treasure Valley for increased educational opportunities, research, and community service. Partners include West Ada School District, The College of Idaho, THE CORE: Idaho Coalition for Innovation in Health Research & MedTech.

The following departments are involved with the Community Health Screening program.
Accelerated Nursing
Communication Science
Counseling
Dental Residency
Dietetic Internship
HIV/Viral Hepatitis Education Program
Institute of Rural Health
Medical Laboratory Sciences
Pharmacy
Physician Assistant Studies

For a complete list and descriptions of academic programs offered at ISU-Meridian HSC please visit the following website: http://www.isu.edu/meridian/proms.shtml

Community Health Screening History: Past to Present

Since January 2010, when Ada County approached Idaho State University-Meridian Health Science Center (ISU-Meridian HSC) to help find a way to reduce taxpayers' burden through better access to existing medical services, the Community Health Screening (CHS) program has been providing better access to medical care for those in need.

The CHS events have matured into a sustainable project that brings together medical screening services, health care education, government agencies and community partners. It is in our best interest as a community to identify people with the greatest medical needs and connect them to partners in the community who provide affordable care. The CHS is meeting its goal utilizing efficient interprofessional teams and expanding partnerships for care with a focus on incorporating many of the goals set forth in Healthy People 2020 (USPSTF).

Core Missions

The CHS project has two core missions:

1. Identify members of the community with potential medical, mental and/or dental health concerns and directly link them to care.

2. Create an interprofessional education and practice opportunity for students; screenings allow students to provide services within their scope of practice in a team-based format.

The Screening Process

The CHS team designed an interprofessional progressive screening process for participants; most stations build upon each other. Students of various health care disciplines collaborate to complete the screening tasks. The screening process continually adapts to meet both participants' needs and the educational needs of the students. From a faculty perspective, the goal of the events is to have students from different disciplines work together as much as possible while ensuring that the students were still functioning within their scope of practice. This interprofessional team approach is beneficial as it increased communication between disciplines and built trusting relationships; students with one skill set were able to rely on colleagues with a different background to assist them.

Station	Duties/Tasks	Disciplines Involved
Check-In	-Initiate paperwork including a liability release and demographics form -Complete forms reviewed later in the process including: hepatitis C risk, nutrition screening, depression screening, drug and alcohol screening	-Career Path Interns
Dental	-Evaluate teeth and gum health -Check for signs of oral cancer -Conduct HIV screen -Review hepatitis C risk factor assessment	-Dental -Pharmacy
Labs	-Collect and process: -Glucose and total cholesterol screen -Hepatitis C screen -Provide glucose and cholesterol results -Read HIV and hepatitis C results	-Medical Lab Sciences -Accelerated Nursing -Pharmacy -Physician Assistant
Physical Exam	-Check blood pressure, height, weight, BMI -Conduct: -PHQ-9 and AUDIT to screen for depression and/or alcohol dependency -Medication review of drug allergies, prescription medications taken, and over the counter products used on a regular basis -Nutrition assessment identifying food insecurities -Vision screening -Traumatic brain injury screening utilizing the Ohio State University-TBI Identification Screening Method	-Accelerated Nursing -Dietetic Intern -Pharmacy -Physician Assistant
Hearing	-Examine ear health and wax build-up -Conduct audiology/hearing screening	-Audiology/CSD/SLP
Viral Results	-Give HIV and hepatitis C test results -Provide risk reduction education	-Frontier AETC -Accelerated Nursing -Dietetic Intern -Pharmacy -Physician Assistant
Referrals	-Review screening document with participant -Give referrals when necessary and/or actual appointment times when available	-Pharmacy
Check Out	-Collect information	-Career Path Interns

By The Numbers

In the 2017-2018 academic year, the Community Health Screening saw 116 participants. Of these participants, 62.9% identified as female and 35.3% identified as male; the average age of participants was 47.4 years old.

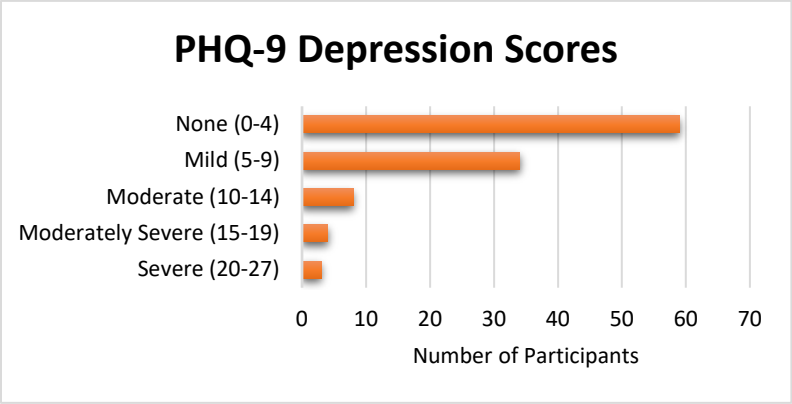
The CHS is attracting a more diverse population compared to the overall ethnicity of Idaho. According to the CDC's 2016 Behavioral Risk Factor Surveillance System (BRFSS) Idaho's ethnicity data, breaks down as follows: 84.8% White-non-Hispanic, 10.2% Hispanic, 1.2% American Indian/Alaskan Native, 1.2% Asian and 1.6% Multiracial.[1] Reported ethnicity among CHS participants: 48.3% Caucasian, 20.7% Hispanic, 13.8% Asian and 17% other.

Our mission is to connect those with limited access to care. This year, 55.2% of CHS participants indicated that they currently lack medical insurance, compared to 15.5% of Idahoans reporting not having insurance.[1] The average length of time without insurance for participants was found to be 3.1 years. Of the CHS participants, 50.8% reported not having a primary care provider versus 27.7% of Idahoans report not having a primary care provider.[1]

According to BRFSS data in 2016, 27.4% of Idahoans were classified as obese (BMI >30).[1] During this past school year, the CHS saw 37.1% of participants who were classified as obese. Only 12, or 10.3%, of participants reported some sort of tobacco use; this is much lower than the reported 38% for the state of Idaho in 2016.[1]

In 2015, 31.3% of Idaho adults had been told that they had high blood pressure.[1] In the 2017-2018 academic year, the CHS identified that 47.4% of participants had high blood pressure. Hypertension guidelines recently changed, which may account for more individuals classified as having high blood pressure.[2]

The Personal Health Questionnaire (PHQ-9) was administered to participants to assess for symptoms of depression.[3] Those presenting with a score of five or more received a counseling referral. While most participants fell below the score for further screening, 42% of participant



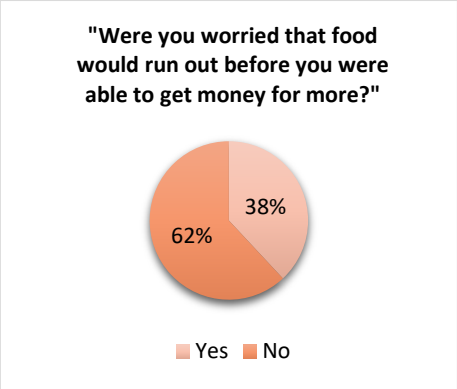
[1] Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data [online]. 2015. [accessed Jul 13, 2018]. URL: https://www.cdc.gov/brfss/brfssprevalence/.

[2] Whelton PK, Carey RM, Aronow WS, Casey DE, Colling KJ, et al. 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults. Journal of the American College of Cardiology Nov 2017.

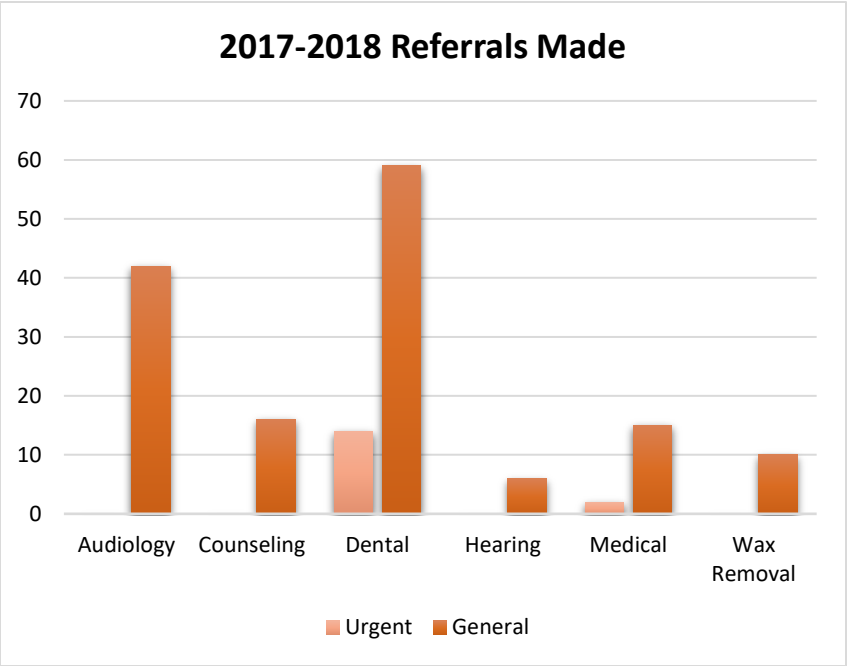
[3] Kroenke K, Spitzer RL, Williams JBW. The PHQ-9: Validity of a Brief Depression Severity Measure. *Journal of General Internal Medicine*. 2001;16(9):606-613. doi:10.1046/j.1525-1497.2001.016009606.x.

scores prompted need for further investigation of depression. Twenty-one participants expressed interest in counseling regardless of their PHQ-9 score.

Through collaboration with the Idaho Food Bank, participants may receive a food box based on the number of individuals living within their household. Two questions ascertain potential food insecurities of each participant. Students in need take home any remaining food items at the end of the screening event.



The Community Health Screening identified 164 concerns leading to referrals for 116 participants presenting this year. Most individuals received more than one type of referral. The CHS scheduled 10 appointments for participants; 6 ISU Wax Removal appointments and 1 appointment at each of the following clinics: Genesis Health, Family Medicine Residency of Idaho, ISU Dental Clinic and Terry Reilly. Participants presented to all 10 scheduled appointment times. There were more appointment times provided by our community partners; however, cost and time were the most common reasons for not scheduling follow-up at the time of the event.



Special Reports

Traumatic Brain Injury Screening by Russ Spearman, M.Ed.

The TBI project team joined the CHS program in 2014 to identify individuals with potential TBI and connect them to a primary care medical home and other specialty services.

Idaho is the only state to use two screening tools for Traumatic Brain Injury (TBI); the Ohio State University TBI identification Method followed by a Quality of Life After Brain Injury questionnaire within two weeks. The Quality of Life Interview can trigger a referral for speech, counseling, or other services when needed.

During the 2017-2018 academic year screening for TBI was provided to 199 individuals, across 8 events with 41% screening "likely" for TBI. Individuals who screen likely are eligible for a primary care referral. Of the 21 individuals who consented to follow-up, 38% also completed the Quality of Life After Brain Injury questionnaire. Screenings primarily took place in Ada and Canyon counties with two screenings taking place in Pocatello.

ISU has agreements with Unity Health and Health West to accept TBI referrals for primary care. Additionally, a grant was obtained from the Blue Cross of Idaho foundation to assist with co-pays for individuals without health insurance who screen "likely". Future efforts will include expanding the network of referrals for care and securing additional supplemental funding to support services for individuals who fall into the gap of insurance coverage.

Improving Mental Health Literacy in the Community by Jennifer Forbes, MHS, PA-C; Jared Papa, MPAS, PA-C; Glenda Carr, PharmD; Talia Sierra, MPAS, PA-C

A PA faculty member received a grant from the PA Foundation through its mental health-focused IMPACT grant program to develop a mental health curriculum to address health disparities through the CHS. The curriculum was designed to enhance depression screening by incorporating mental health education into the process. The interactive mental health educational session was student-delivered through the use of iPads and a PowerPoint presentation. The curriculum included instruction on why mental health is important, contributing factors to mental health, recognizing signs of a mental health disorder and mental health crisis, what to do in a mental health crisis, and provides a list of local and national resources for mental health evaluation and treatment. Educational pamphlets were provided to each participant summarizing the main points from the educational session. Results from surveys regarding knowledge and attitudes about mental health showed an improvement in the community participants and students delivering the curriculum.

Core Planning Team

Glenda Carr, PharmD	CHS Director; Clinical Assistant Professor of Pharmacy Practice
Gabriel Bargen, PhD	Assistant Professor Communication Sciences & Disorders and Education of the Deaf
Kris Hilvers, MS RDN LD CNSC	Dietetic Internship Director
Liz Horn, PhD,	Assistant Professor Counseling
Rebekkah Hulen, RN	Assistant Clinical Nursing Professor
Marjori Montanus, MHPE, MLS(ASCP)SBB	Assistant Professor Medical Laboratory Science
Jared Papa, MPAS, PA-C	Clinical Associate Professor Physician Assistant Studies
Pam Powell, DMD	Co-Site Director ISU Family Dentistry
Ruth Schneider, MPH, RD, LD	Associate Professor of Dietetics; Dietetics Internship Director
Russ Spearman, M.Ed.	Institute of Rural Health
Lily Killian, MS MLS(ASCP) cm	Adjunct Professor Medical Laboratory Sciences
Judy Thorne, MPA, RT	Program Coordinator HIV/Viral Hepatitis Education
Rachel Smith, PharmD Candidate 2019	Lead Career Path Intern
Chelsea Bagby, PharmD Candidate 2020	Career Path Intern

Key Community Supporters

Idaho Food Bank

Terry Reilly- Medical

Family Medicine Residency of Idaho

Ada County Indigent Services

Friendship Clinic

Idaho State University Clinics

Unity Health Center

Hispanic Cultural Center of Idaho

Whitney United Methodist Church

Whittier Elementary

Institute of Translational Health Science

Future Community Health Screening Events

Participants may arrive any time between 4:00pm and 7:00pm. Once the screening begins, it may take 90 minutes to complete the entire process. Flu shots will be available while supplies last.

Fall Semester

September 20th, 2018	Whittier Elementary
October 18th, 2018	Garfield Elementary
November 15th, 2018	First Baptist Church

Spring Semester

February 14th, 2019*

March 14th, 2019*

April 11th, 2019*

*Location not yet finalized at the time of distribution.

Contact Us

Please contact us at: healthyU@isu.edu

To contact the project director:

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