



*in service to Western Maryland
Health Professionals*

Cumberland
Area Health
Education
Center
1989-1990

From the Chairman



Anthony Bollino, MD
Board Chairman

CAHEC is well respected throughout the nationwide AHEC system for the achievements of its programs. In Western Maryland, although often misunderstood and sometimes underestimated, CAHEC serves as an agent of change and growth for health care in the region. CAHEC is consistently on the forefront of medical/social issues. I believe that CAHEC's activities in areas such as geriatric medicine, toxicology and health, and grass-roots health career recruitment have created numerous spin off programs and contributed greatly to some of the positive changes in health care delivery attitudes, and to the growth of training programs in Western Maryland.

CAHEC's growth over the last five years was made possible in part because of creative programming and staffing patterns used to meet a myriad of challenges and opportunities. Beginning in 1976, with the help of state funding and a heavy reliance on federal AHEC special training initiatives and other grant funding, CAHEC developed a niche of service to Western Maryland. The hard work has not gone unnoticed. It is anticipated that in fiscal year 1990-1991, there will be a much needed and very appreciated increase in the level of state funding. This will go a long way in helping CAHEC meet its commitments to the region and to the State.

Some challenges of the immediate future are revitalizing caucus interaction, restructuring of the CAHEC staff, and exploring a name change to reflect more accurately the agency's mission to all of Western Maryland. CAHEC will continue its work with the *Clinical Education Placement Program*, in health careers recruitment, and in information resources. During the next two years, CAHEC will work with the community to forge new developments and understandings in the field of adolescent health, and also will be very involved with the Region II Regional Medical Library in implementing the Western Maryland Outreach Pilot Project for health professionals.

My challenge to my physician colleagues and to other health professionals is to become more active in CAHEC, to voice their needs, their visions of change, and to work for the improvement of health care. CAHEC is an organization dedicated to building a better health care future for the region. It benefits all of us.

I am proud of the work being done by CAHEC and I look forward to the new challenges and adventures of the 90's.

Director's Message

AHECs have traditionally emphasized two types of services relating to health care personnel: recruitment and retention. Both have been provided through education oriented services. When AHECs first began in the '70s, the primary emphasis was on recruitment. Clinical education programs developed in emerging AHEC programs throughout the country. Gradually by the '80s, interdisciplinary retention services were receiving important attention. Now, however, AHECs serving rural or small city areas similar to Western Maryland are finding that personnel recruitment programs are calling for greater emphasis once again.

Throughout the country and beyond, the need for health professionals in rural and underserved areas increases. State AHEC programs are being called on to expand services to less served areas and to provide leadership in organizing health personnel resource systems in areas where hospitals are working to survive and practices are seeking additional personnel.

In Western Maryland and surrounding areas the challenges of health care reimbursement and personnel shortages continue and grow. CAHEC's existing services are important resources for continuing to develop personnel programs in the area and for providing leadership on new retention initiatives.

Currently, CAHEC is working on a myriad of programs including clinical education programs for health professional students; health career recruitment with high school students; conduct-

ing a needs assessment on present and projected area health care personnel shortages; generating medical library assistance and other learning resource services; supporting and organizing interdisciplinary continuing education services; and much more. Each endeavor undertaken by the organization works to help address personnel shortages, support current health care practitioners, and generate professional responsiveness to matters of current concerns for area health professionals and area residents.

This year there was continued growth in the CAHEC *Clinical Education Program* and in the *Health Careers Opportunity Program*. We were fortunate to receive a supplemental grant for the HCOP program and funds for generating a plan relating to present and projected health care personnel needs. In addition, CAHEC recently began working with the UMAB Regional Medical Library to provide outreach training on data bases relating to a variety of health care and medical practitioners and services. These new resources have meant new service opportunities for the organization - new ways to support recruitment of new personnel to the area and additional means for assisting with meeting retention needs for current personnel.

The strength of CAHEC emanates from the commitment and service of its large number of volunteers. Some of these persons volunteer as members of the Board, the IHEC and the caucuses. But many more are involved as preceptors, seminar leaders, and institutional representatives. Other types of pro-



Donald L. Spencer
Executive Director

gram volunteers work with the CAHEC staff and others volunteer to teach, share, orient, question, and explain in order to do the work of educating students of all types and in all stages of experience.

One additional word on the CAHEC staff. CAHEC has been functioning with virtually the same administrative resources as it has used for the past five years. It is very gratifying that some additional funds will be made available to CAHEC in the new fiscal year. These funds will make it possible for the organization to reorganize internally and to expand staff services to better address some of the current demand. We are also pleased that the added funding will allow us to provide more regular clinical placements in Garrett and Washington counties. The AHEC staff deserves credit for 'hanging in there' with modest resources for a very long time. It is a pleasure to look forward with them to CAHEC's opportunities for the new year.

IHEC

CAHEC by concept is an agent of change. It builds bridges between the health professional, education, business and lay communities, and acts to develop programs and supporting policies that will benefit the entire health care service region. CAHEC is a forward looking agency with an eye to the future. It is multi-disciplinary and multi-community in its approach to program development.

Shortly, I will be leaving the Western Maryland region. In my years of working with CAHEC, I have been challenged by the scope and depth of the missions undertaken by this small agency. As I reflect on what I would like to see accomplished in the next year, it would be the infusement of excitement into the caucus groups - a refocusing of their missions, an expansion of their membership, and the development of more interdisciplinary task forces. To continue serving Western Maryland, CAHEC needs health professionals, educators, hospital administrators and community people. Involvement in the caucuses and membership on the IHEC allows professionals to use their expertise to the fullest, but it also allows them to step out of their tried and true roles. It encourages them to listen and to experience health care issues in Western Maryland from very broad, diverse perspectives. I encourage you to become part of CAHEC.

In looking toward the future of Area Health Education Centers in our nation, it seems certain that there will be a return to the founding AHEC principals of recruiting and placement of health professionals in rural areas. The IHEC believes that CAHEC can help Western Maryland successfully staff its health care communities to meet the needs of the area residents. The council is exploring the creation of special programs to address the growing list of personnel shortages and staff difficulties within the region. Presently, CAHEC is acquiring more information on the breadth of the problem. Western Maryland is ahead of many areas because of its commitment to the Health Careers Opportunities Program (HCOP). This program is very much a "grow-your-own" concept. HCOP is designed to help area students along the health career pathway - all done in the knowledge that many of them will return to practice in this community.

As a pediatrician, I am very excited about the *Rural Training Initiative in Adolescent Health*. This will be a very challenging program with far reaching implications. This year also saw the beginning of the *Western Maryland Outreach Pilot Project* with the Region II Regional Medical Library. The project will enrich medical library services in our region.



Mary Schlipper, MD
IHEC Chairwoman

CAHEC continues to work with a wide range of health, education and community agencies throughout the Western Maryland region. This will continue. We are pleased to work with the local university and colleges in offering continuing education programs for health professionals. Many of CAHEC's community contacts are mentioned throughout this report. Here I'd like to mention very successful CE programs co-sponsored by Allegheny Community College and the Dental Caucus - *AIDS: A Challenge for Dental Professionals* and *Problem Solving in Endodontics*. In November, CAHEC was able to help co-sponsor a program on *Agricultural Chemical Safety*, a seminar for the farm community and a pesticide recertification training session for licensed private pesticide applicators. It is the collaborative effort of many agencies that truly helps develop needed programs and insures program success.

Again this year, CAHEC remained active in promoting health education efforts in the community. The office of the American Lung Association of Western Maryland is located in the Columbia Building, and there is a free-flowing sharing of ideas and support for health promotion events. Don Spencer, Executive Director, remains active on the Allegany County Task Force on AIDS, and the staff also commits many personal hours to working with local groups.

My successor as IHEC Chair will be rewarded greatly in his/her work with the dedicated CAHEC staff. To all who have worked with me . . . thank you.

Thory Schlipper

Student Comments

1989 - 1990

"I have seen the gold standard and know what to strive for."

"Worthwhile experience, all placements were extremely interested in my gaining further insight into dentistry."

"In general my preceptors' sincerity and continual helpfulness in everything from ideas and concepts of dentistry to tours made my placement experience most enjoyable in every respect."

"Met a variety of people, saw more productive, more relaxed, more realistic ways to do dentistry."

"It was a good experience and I have learned a great deal through this program"

"This placement allowed me to see the needs of an elderly population more than my experience at home. My preceptor also showed ways to deal with these needs."

"Library was great. It was wellstocked and offered a quiet haven when needed."

"Some of the services available I had never even heard of until this rotation. I also did not realize the broad extent of services some of the facilities provide to the elderly population."

". . . I believe I have made the most advances in gaining confidence in caring for patients. My preceptor has been an excellent instructor - he really knows his material and he was patient and thorough in his explanations. . . ."

"There are excellent physicians out here who enjoy teaching and who are not worn down by having too many students pass through. Also the patient population is a lot different from that found in downtown Baltimore - most of the people are pleasant, very encouraging to students..."

"Will probably never get this much attention again. My preceptor made this rotation unforgettable."

"I became more efficient at admissions, discharges, evaluations of patients. Learned many practical things from my preceptor."

"I learned what medicine is like outside a hospital setting, and it renewed my enthusiasm for medicine. It was very relaxing, and helped me reach a lot of decisions about my future."

"I saw the importance of quality people practicing out here, and the esteem in which the family physician is held out here."

"I think this is a great idea - to allow us to descend on Western MD. and learn about rural medicine. Really an invaluable experience for me, in terms of getting away from the city for a while, clearing my head, and figuring out what the heck I want to do with the rest of my life."

"I have nothing but praise for my preceptor. His operation probably epitomizes rural independent *pharmacy* practice. He made the experience very rewarding."

"Also learned some of the practical aspects of running a private practice (which are not taught in medical school or residency)"

"My preceptor was wonderful to work with. She provided me with opportunities for experiences that would be beneficial to me. She went out of her way to make my experience a great learning experience as well as an enjoyable one."

Student Programs

The CAHEC *Clinical Education Placement Program* has continued its expansion efforts with a 20% increase in the number of students this past year. Several new preceptors and new sites were added to accommodate the growing popularity of the CAHEC placement. A total of 64 students participated in the program for a total of 67 rotations. As numbers continue to increase, the same high quality of educational standards have been maintained by area preceptors. More than 100 area professionals assisted in conducting the clinical placement experiences. As one student so aptly phrased it, "I have seen the gold standard and know what to strive for."

The Placement Program is popular because students have unique opportunities usually not available in campus-based professional curricula. They have opportunities to work individually

with highly qualified preceptors; to learn about health care policies, systems, and procedures first hand; to participate in interdisciplinary activities; and it all happens in the beautiful Western Maryland mountains.

The Placement Program curriculum for students and residents has two basic components. The first component is a one-to-one participation with a preceptor which is designed to provide practical experience in small city and rural health care practice and procedures. The second component is an interdisciplinary curriculum which is designed to help students and residents grow in their understanding of the patients and professionals in approaching the individual as a total person and to influence greater professional satisfaction by working together in a team relationship. This component includes an introductory orientation and tour, elective site



Housing is provided for students on CAHEC placement. Practicing and sharing culinary talents is a favorite past-time in off-hours. (L to r) UMAB senior medical students Amy Zimmerman and Henry Chong share the "soup."

visitations, interviews with other health professionals, seminars utilizing local professionals, and case presentations all done with an interdisciplinary focus in mind.

This year, 43 students from UMAB and 21 students from other universities completed clinical experiences in Western Maryland. CAHEC worked with UMAB, West Virginia University, Duquesne University, Virginia Commonwealth University, Elizabethtown College, and Mt. Alloysius College. CAHEC was able to place 21 medical students, 2 dental students, 24 pharmacy students, 6 physical therapy students, 4 medical technology students, 1 hospital chaplaincy student and 6 occupational therapy students. The *Clinical Education Placement Program* is coordinated by Ruth Wood, BSN, MS.



Tours of area industries are just one component of the orientation provided to students in the Clinical Education Placement Program. At the CSX Corporation tour, hard hats were donned by (l to r): Jim Squires (CSX representative), Kyle Norris (UMAB Medicine), Beth Siroty (UMAB Medicine), Patricia Kokoski (UMAB Pharmacy), Kamlesh Dhallan (UMAB Pharmacy), Michael Sluta (UMAB Medicine), Mary Hoffman (UMAB Medicine), and John Sakles (UMAB Medicine).

Placement Program

University of Maryland at Baltimore

July 1, 1989 - June 30, 1990

School of Medicine Ambulatory Care Program

<u>Preceptor</u>	<u>Student</u>	<u>Location</u>
Michael Beck, MD	John Sakles	Emergency Room
Anthony Bollino, MD	Amy Zimmerman	Emergency Room
Thomas Chappell, MD	Jay Floyd	Private Practice
Mark Domenick, MD	Amy Zimmerman	Private Practice
	Stephanie Linder	Private Practice
	Lisa Marr	Private Practice
	Philip McDowell	Private Practice
	Beth Sirot	Private Practice
Raul Felipa, MD	Henry Chong	Private Practice
	Ralph De Friece	Private Practice
	Philip Strauss	Private Practice
Mark Fenema, MD	Stephen Holtzclaw	Emergency Room
Guy Fiscus, MD	Tuanh Tonnu	Private Practice
	Philip Strauss	Private Practice
Audberto Flores, MD	Dan Paoli	Private Practice
Walid Hijab, MD	Dan Paoli	Private Practice
Richard Johnson, MD	Kyle Norris	Private Practice
Tom Johnson, MD	Kyle Norris	Private Practice
Margaret Kaiser, MD	Bruce Zukerberg	Private Practice
	Elmer Nahum	Private Practice
Mark Kimak, MD	Stephen Holtzclaw	Emergency Room
William Lamm, MD	John Sakles	Private Practice
Isagani Laurencio, MD	Stephen Holtzclaw	Emergency Room
Herbert Leighton, MD	Philip McDowell	Private Practice
Roger Lewis, MD	Lisa Marr	Private Practice
	Beth Sirot	Private Practice
Victor Mazzocco, MD	Stephen Holtzclaw	Braddock Medical Group
Eugene Nallin, MD	Martin Passen	Hyndman Area Health Center
King Seegar, MD	Michael Siuta	Pendleton Community Care
Harjit Sidhu, MD	Robert Oliverio	Private Practice
Wayne Spiggle, MD	Mary Hoffman	Private Practice
Andrew Stasko, MD	Dan Paoli	Private Practice
Judy Stone, MD	Tuanh Tonnu	Private Practice
Henry Taylor, MD	Michael Siuta	Pendleton Community Care
Michael Thompson, MD	Philip McDowell	Emergency Room
	Elmer Nahum	Emergency Room
	Philip Strauss	Private Practice
Gary Wagoner, MD	Michael Siuta	Private Practice

Family Practice Elective

Thomas Devlin, MD	Dwayne Shuhart	Private Practice
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Medical Technology Program

<u>Preceptor</u>	<u>Student</u>	<u>Location</u>
Joseph Litten, PhD	Amy Spataro-Hoover	Memorial Hospital
Robert Manasses, PhD	Doug Kirk	Memorial Hospital
Warren Wagner, BS	Scheree Savage	Memorial Hospital
	Amy Margroff	Memorial Hospital
	Amy Margroff	Memorial Hospital

Department of Physical Therapy

John Dickerhoff, PT	Kelly Gowatski	Memorial Hospital Phys. Therapy
Donald Heare, PT	Susan Woon	Memorial Hospital Phys. Therapy
William Rhodes, PT	Jude Padezanin	Progressive Phys. Therapy
	John Cusic	Sacred Heart Phys. Therapy

College of Dental Surgery

Lynne Brodell, DDS	Earl Chambers	Private Practice
Barry Conger, DDS	Ron Dapice	Private Practice
John Davis, DDS	Earl Chambers	Private Practice
Michael Granet, DDS	Earl Chambers	Private Practice
	Earl Chambers	Private Practice
Fred Schindler, DDS	Ron Dapice	Private Practice
	Earl Chambers	Private Practice
	Ron Dapice	Private Practice
Leslie Stevens, RDH	Earl Chambers	Allegany Co. Health Dept.
	Ron Dapice	Allegany Co. Health Dept.
Howard Strauss DDS	Earl Chambers	Private Practice

School of Pharmacy

Professional Experience Program

John Balch, RPh	Jason Kirby	Bedford Road Pharmacy
Gerald Beachy, RPh	Jeff Clark	Bedford Road Pharmacy
John Beckman, PD	Stephen Joyce	Beachy's Pharmacy
Steve Hospodavis, RPh	Jennifer Carroll	Beachy's Pharmacy
Robert Martin, Jr., RPh	Kamlesh Dhallan	Greene Street Pharmacy
	Jody Wetstone	Greene Street Pharmacy
	Rodney Hendershot	Steve's Pharmacy
	Thomas Means	Steve's Pharmacy
	Stephen Weiner	Potomac Valley Pharmacy
	Patricia Kokoski	Potomac Valley Pharmacy
	Nicole Little	Potomac Valley Pharmacy
Richard Ottmar, RPh	Rodney Hendershot	Sacred Heart Hospital Pharmacy
Raymond Spassil, RPh	Keith Broome	Sacred Heart Hospital Pharmacy
	Alison Dion	Memorial Hospital Pharmacy

Placement Program - cont.

Participants from other Programs

Pharmacy

<u>Preceptor</u>	<u>Student</u>	<u>University/College/Program</u>
John Balch, RPh	Gregory Chin	Duquesne University
Gerald Beachy, PD	Patricia Rohman	West Virginia University
Thomas Bolt, PD	Deborah Beecher	Duquesne University
James Crable, PD	Frank Golden	Duquesne University
Harold Harrison, RPh	Jennifer Berry	Duquesne University
Steve Hospodavis, RPh	Ana Garcia	Duquesne University
	Nancy Meehan	Duquesne University
	Maha Al-Faks	Duquesne University
	Kelly Jo Markwood-Zacot	West Virginia University
	Mary Watkin	Duquesne University
Raymond Spassil, RPh	Patricia Rohman	West Virginia University
	Pam Smith	West Virginia University

Occupational Therapy

Lydia Martin, MA, OTR/L	Kathy Adams	Elizabethtown College
	Cathy Cooper	Elizabethtown College
	Kristine Kimberly	Mt. Alloysius College
	Christine Kershner	Virginia Commonwealth Univ.
	Dina Anderson	Virginia Commonwealth Univ.
	Wendy Bly	Virginia Commonwealth Univ.

Physical Therapy

Michael Staggers, PT	Tom Druge	West Virginia University
	Steven Watt	West Virginia University

Chaplaincy Program - Memorial Hospital

Gene Gall, MA, MDiv

Rev. Terryann Talbot-Moses

More Student Comments

1989 - 1990

"I came to see the tremendous need for community support and specialized programs for the elderly. Cumberland may actually be in the forefront of geriatric-type medicine since its aged population reflects what is likely to occur throughout the country."

"Both of my preceptors were excellent models of compassion and competence. I believe their unique styles will influence my own attitudes and practices as a physician."

"I have learned about the limitations in technology that a rural area experiences and that the physician needs to be well-rounded in his field and know how to utilize the various services."

"I enjoyed the small town atmosphere of Oakland and the ease of getting to know the staff and the hospital."

"This experience allowed me to see first hand: 1) The central role of family physicians in a rural community, 2) limitations on specialty services in these areas and methods used to uphold high standards of care even without specialists, and 3) commitment to the community that these primary care providers have."

"This experience gives one a different perspective on medical care and increased knowledge of patient care and diagnosis in general."

"One gets to see different aspects of Ambulatory medicine - I will be engaged in a University setting for 4 years so it is good to see the real practice of medicine before one graduates."

"My experience has been a very positive one. I enjoyed everything I did. Everyone did their best to make my experience the best possible and that was very much appreciated."

"The variety and diversity of settings that I was exposed to was one of the most enjoyable aspects of the placement."

"Some aspects of health delivery here is more efficient than in the city."

"My preceptor is a good clinician and an interesting person. His office hours are reasonable. His patients are nice and receptive to a 'stranger' like me."

"A well-rounded exposure to area medical needs was available to me."

"By spending all my time with one practitioner, I was able to follow a fairly homogeneous group of patients at length and in depth. It allowed me a chance to understand their lives and their medical needs."

"My preceptor is an energetic physician whose ever present thirst for knowledge and an untiring stamina, not only matched my personal ideals but was an inspiration."

"Overall a worthwhile and enjoyable experience: I shall remember this rotation with fond memories."

"I feel more comfortable dealing with patients on an outpatient setting. I have been exposed to patients who live in unheated farm houses with outhouses and no running water. This situation as well as others present special problems which I now feel more comfortable with."

"It will help me to form a view of medicine which is more humane and well rounded."

"All of the preceptors were intelligent, well spoken, easy going people who were great teachers. They facilitated my education greatly."

HCOP

The *Eastern Alleghenies Health Careers Opportunity Program* (HCOP) is currently in the second year of operation. HCOP is funded for three years through a grant awarded to CAHEC by the Division of Disadvantaged Assistance, Public Health Services, Department of Health and Human Services. It is designed to help high school seniors in eight school districts of Western Maryland, and nearby West Virginia and Pennsylvania overcome the educational, financial and cultural disadvantages which prevent many qualified Northern Appalachian students from choosing and successfully gaining entry to health careers.

In September 1989, the HCOP staff began the cyclical process of recruiting students into the program. In an effort to encourage students to explore a wide range of health careers, HCOP's initial phase concentrated on the dissemination of health career information through school presentations and hospital tours. Through those school talks and hospital tours, a total of 733 student contacts were made. Results of evaluation questionnaires show that 16% or 116 of the students who had contact with the HCOP staff switched from never having considered a health

career to expressing some interest in considering a career in the health field. An impressive 42% or 305 of the students contacted are now seriously considering the health field as a career option. Of the total 733 contacts, 67% or 496 are now considering a career in the health professions.

This academic year, HCOP sponsored tours of Memorial Hospital and Sacred Heart Hospital in Cumberland provided 351 students from 19 high schools with detailed explanations, by health professionals, of the responsibilities and training required in specific health career fields. Tour stops included a variety of departments such as medical laboratory, radiology, respiratory therapy, physical therapy, emergency, occupational therapy, cardiac laboratory, intensive care, nursery, pharmacy, dialysis, and dietary. The hospital tours

proved to be effective in stimulating student interest and curiosity about health careers. Student responses on tour evaluation forms indicate that 95% of those who participated felt that the hospital tour provided them with new information about health careers.

Following the tours, the HCOP staff returned to each school and individually interviewed students, explored their health career interests, and provided information and guidance related to specific health careers, training programs, and financial aid. Of the 305 seniors interviewed, more than 125 were invited to investigate in greater depth the health professions of their choice through a Healthsite Experience. During the *Healthsite Experience* students spent from two to six hours talking with and shadowing a health professional at work, sometimes resulting in the student becoming a dedicated volunteer in a health facility.

The culmination experience of this year's HCOP program will be the six-week residential academic program prior to college for thirty regional high school graduates. A supplemental award was granted to CAHEC this year to expand the HCOP summer program from four to six weeks and to

Community News

Recently, the CAHEC staff has become a participant in a RESA (Regional Educational Services Association) project in Western Maryland aimed at promoting health careers to ninth through twelfth graders. In being restricted to work only with seniors through the HCOP program, many educators and health professionals are fearful that it is too late to "shore up" the students' skills necessary to attempt the heavy science oriented health career programs. CAHEC has budgeted funds to support staff efforts to reach younger students with information about health careers. CAHEC also is exploring the possibility of utilizing university rehabilitation counseling students in this project, through the student placement program. With this additional funding and support staff, the region can begin to disseminate the health career information dissemination while the students are very fresh in the academic process and have the opportunity to map out their high school academics in preparation for entry into a health professional education program.



Marjorie Keating, the Technical Director of Cardiology at Sacred Heart Hospital, explains an electrocardiogram to HCOP students from Keyser High School.

accommodate 30 instead of 24 students. The *HCOP Preliminary Education Seminar at Frostburg State University* (HCOP at FSU) for the 1990 high school graduates is from June 23 until August 4. The 30 students will reside in an FSU dormitory and attend classes in chemistry, biology, math, and english with writing labs designed to broaden and strengthen the individual's academic skills. Chemistry and biology lectures and labs will be the same for the entire group. Individual math skills will be assessed and students will work both in small groups and independently to develop new skills appropriate to their math background. Each student will complete writing assignments weekly. In addition to these classes, sessions will be held addressing health issues and careers, and study skill improvement.

A computerized tracking system is currently under development. It is being designed to follow HCOP program participants throughout their college training programs and into the job market. The 16 participants who completed HCOP at FSU 1989 summer program have now completed their freshman year of college. In HCOP's continuing support of these students, many contacts were made personally with the students and college personnel. The tracking system will efficiently document all contacts, services, and student progress of all HCOP participants.

HCOP and CAHEC welcomed Deborah Bradley, MEd, to the staff in February as the new Health Careers Counselor. Deborah joins Suzanna Dotson, MS, the Health Careers Education Specialist, who began her second year with HCOP in May and Susan Davis, MEd, as Program Coordinator. Donald Spencer is Project Director and Tracey (McNeel) Goldsworthy is Program Secretary.

Off-Campus Nursing Education

CAHEC continues to provide support to the University of Maryland School of Nursing's off-campus Outreach Programs in Western Maryland. Twenty nurses from the Allegany county site and thirteen nurses from the Washington county site will graduate from the BSN program in May 1990. The off-campus Master's Degree Outreach Program continues to hold classes in Hancock and is recruiting additional students to enter classes for the Fall 1990 semester.

Nineteen (19) students from Allegany county and 24 students from the Washington County area have been admitted for the Baccalaureate Outreach Program starting in the Fall 1990 semester. Barbara Parker, PhD, RN coordinates the program at both sites. Gail Mazzocco, EdD, RN, Elizabeth Tanner, PhD, RN and Susan Coyle, MS, RN serve as program faculty. The programs at both sites are permanently funded and accept new students every two years.

The entering class of 1990 will represent 14 years of service to the Western Maryland region by the University of Maryland Nursing Outreach Program and its association with CAHEC. CAHEC serves as a "home-base" for both the BSN and MSN programs in Western Maryland. CAHEC provides support for the outreach programs by providing offices and administrative support services for faculty, telephone service, classroom space, an on-site medical learning resource center staffed with a trained librarian and capable of conducting data base literature searches, program publicity, and accommodations for visiting faculty.



Helen Kohler, PhD, is Director, Outreach Nursing Programs with the University of Maryland at Baltimore, School of Nursing. She works closely with Western Maryland Program and presently is a member of the CAHEC Board of Directors.

Geriatric Education

July through September, 1989 were the final months of the *Special Initiatives in Preventive Care for Older Adults* project. Activities during this time included the following:

- ❑ Wrap-up of "Healthy You," a physician-referred, individualized health education service for older adults. This involved physicians in Allegany and Washington counties in a demonstration project designed to assist them in learning more about older adults use of prevention by actually providing the service. A total of 13 physicians participated in "Healthy You" and referred approximately 87 older adults to the program. Areas addressed by participating physicians and CAHEC's health education consultant included weight loss, increased exercise levels, diabetes management, depression, smoking cessation, medication management and stress management. As a result of the demonstration program, two organizations in the community, Frostburg Community Hospital's Health Promotion Center and Tri-State Community Health Center, have elected to continue the model of "Healthy You."
- ❑ Wrap-up of "Healthy Older People" a companion program to "Healthy You", which provided consumer health education information to older adults. A total of 23 group presentations were made at senior centers, apartment com-plexes, adult day care centers, church groups and health fairs. These programs reached approximately 500 older adults. This component was aimed at helping older adults communicate better with their Physician and to become active partners in caring for their health.
- ❑ Production and distribution of a directory of health promotion services for older adults in Washington County. The directory took the form of a wall calendar/poster. The directories were distributed to approximately 1000 health and human service providers in Washington County.
- ❑ Coordination of three additional continuing education programs for physicians and other health professionals in Western Maryland. *Rural Initiatives in Preventive Care for Older Adults* provided a total of 16 continuing education programs involving a total of 641 health professionals.
- ❑ Publication of the final edition of the Geriatric Bulletin, a newsletter distributed to health professionals throughout Western Maryland, as well as an article on Alzheimer's Disease published in the National AHEC Journal.

GGEAR Project

Beginning in October, 1989, CAHEC entered into a year-long contract with the Geriatrics and Gerontology, Education and Research (GGEAR) Program at UMAB to implement a rural initiative in geriatric education. Under this contract, CAHEC is involved in a year-long process aimed at developing a model plan to strengthen the number of health and human service practitioners in Western Maryland with adequate attitudes, knowledge and skills to care for its older population.

The project began with a comprehensive needs assessment designed to collect information from area academic institutions

and health care personnel. Initial conversations with health care providers revealed that organizations are having an increasingly difficult time recruiting and retaining certain groups of health care personnel and that these problems are having a negative impact on the quality and continuity of geriatric services in the region. As a result of these findings, the focus of the project was broadened to address health care personnel needs that are created or exacerbated by the demands of an aging population.

The needs assessment is attempting to compile existing data that has been collected by

national, state and local organizations regarding the personnel needed to provide care for older adults. Staff from the Maryland Health Resources Planning Commission are providing some technical assistance in the needs assessment phase.

Results of the project thus far would seem to indicate that the most successful ways to address personnel needs in rural areas involve ways to foster and support local residents in obtaining training in the health care field including programs that encourage youth to choose health careers, health career scholarships that make it possi-



"Healthy You," a health education service for older adults, was piloted in Allegany and Washington counties through project *Special Initiatives in Preventive Care for Older Adults*. Health education consultant, (seated left) Donna Hopkins, MS, CNP, RN, worked with older adults like John and Mildred Entrikin to help them make healthy behavior changes. (Standing) Renate Pore, PhD, Administrator of Tri-State Community Health Center, was instrumental to the program's success in the Hancock area.

ble for local persons to pursue further education and the addition of more regionalized training programs such as the RN to BSN program sponsored by the University of Maryland School of Nursing.

The project will yield a comprehensive report on health care personnel needs in Western Maryland which will include documentation of problems, description of available resources and recommendations for addressing the short-term and long-term needs of the region. The report will be disseminated to health care professionals, educators, legislators and other key persons throughout the region and the state. Kathy Powel, MSW, I serves as Geriatric Education Coordinator.

Toxic Training Initiative

In late September, the *Expanded Exposure Rural Training Initiatives* program drew to a close. Through this one year federal AHEC grant supported program, CAHEC was able to conduct training and awareness programs for Western Maryland's physicians and health professionals. The issues addressed included occupational and environmental exposure to toxic materials, treatment and prevention of diseases related to pesticide exposure, how to use and gather information from national computerized data banks on toxic exposure, and the correct disposal of contaminated medical waste. Conferences, student seminars, public awareness articles and a training video were planned by Diane Trickett, Toxic Education Coordinator, and Jim Keogh, MD, Director of the University of Maryland's Occupational Health Project and an Associate Professor of Medicine and Epidemiology and Preventive Medicine in close cooperation with many community health and education leaders.

The capstone conference of the training initiative was held

last June just after the 1988-1989 Annual Meeting. Five medical schools and noted environmental and health experts from NIOSH and the US Environmental Protection Agency were represented by the conference faculty. The program could not have been accomplished without the assistance of the Family Health Education Foundation of the Maryland Academy of Family Practice, the University of Maryland School of Medicine, the Association of Occupational and Environmental Clinics, Allegany Community College, Garrett Community College, and the American Lung Association.

A unique opportunity was presented to conference attendees to gain hands-on experience with computerized billing systems and information retrieval networks. Experts from the National Library of Medicine demonstrated the Grateful Med software that accesses MEDLARS and TOXNET data systems which can be a tremendous aid to regional physicians in gaining information. Because of the work initiated through this grant, CAHEC is able to continue providing TOXNET system access to

Western Maryland health professionals.

One of the very popular outcomes of the training initiative is the medical waste disposal training video. The video, distributed in late Fall, was in response to Maryland's newly revised 1989 regulations on the proper disposal of medical waste. CAHEC worked with the Maryland Department of the Environment and the Attorney General's Office to develop and produce the video. CAHEC originally mailed 22 videos free of charge to strategic hospitals, libraries and associations throughout Maryland. The video was later mailed to additional sites including UMAB's Clinical Media Library and Johns Hopkins' Welch Library. CAHEC, which has five videos for loan, still has a backlog of requests for use of the training video.

It seems apparent by the current focus on environmental issues that the program was able to help stimulate the community to action on these very monumental issues that face our region and our nation.

Learning Resource Center



(R) Jacqueline Van de Kamp, Specialized Information Services, National Library of Medicine, demonstrated MEDLARS, TOXNET and Grateful Med software to participants at the *Meeting the Challenges of the 1990's* conference.

The Learning Resource Center (LRC) focuses on providing quality health information services to all Western Maryland health professionals and students. During the past year CAHEC's LRC worked with the IHEC, Board, caucuses, local health care administrators, and health educators to assess the need for information services in Western Maryland, to promote the use of existing services and the development of needed programs. One result of a recent Congressional directive to the National Library of Medicine (NLM), "... to develop an outreach program aimed at ... (the) transfer of the latest scientific findings to all health professionals ... in rural communities and other areas....", is the *Western Maryland Outreach Pilot Project* being coordinated by the LRC. CAHEC is the Western Maryland focal point of the program implementation which is sponsored by the Region II Southeastern Regional Medical Library (SEA/RML).

The goal of the *Outreach Pilot Project* is to inform all rural Western Maryland health care providers of the local information resources available to them and to provide the means for them to acquire needed information quickly and economically.

CAHEC experienced continued expansion of its role in providing services such as MEDLARS and TOXNET literature searches, interlibrary loans, reference services, photocopying, and resource material loans. The LRC collection of books, journals and audiovisuals exceeds 1300 volumes. More than 350 database searches were conducted in the last 12 months. Patrons borrowed 750 items from the LRC in the same time period. During this fiscal year the LRC staff conducted 7 demonstration seminars. The LRC also worked in cooperation with the Outreach Nursing Programs of the

University of Maryland School of Nursing to provide support for nurses studying in the bachelor and master's degree programs.

The *Outreach Pilot Project* and the central program growth allowed Kathy Lese, MA, MT, Information Specialist, to begin working full time this Spring. Presently, Lese is assisted by D. Michele Beaulieu, RN, who joined CAHEC in April as a part-time library associate, and by Nellie Mock, RN, a part-time RSVP volunteer. The LRC also received assistance in the last year from Tracy Baughman, an Allegany Community College secretarial placement student, who helped process a donation of books and journals from the late Samuel M. Jacobson, MD.

Services in 1990-1991 will be enhanced by the addition of a fax machine and a portable computer. The facsimile machine, purchased for the *Outreach Project*, will facilitate delivery of documents to both local and outreach sites. The portable computer will provide on-site demonstrations of computerized literature searches and interlibrary loans through the NLM network.

The LRC coordinator continues to provide technical assistance to area health care agencies and health care students. Lese is assisting Potomac Valley Hospital with the development of its information services, and recently helped with initial reorganization plans for the information resources at Western Maryland Health Planning Agency. She also works with the West Virginia CONSULT project in demonstrating the NLM's Grateful Med software to West Virginia health care organizations. During the last year, health professional students who rotate through the CAHEC *Clinical Education Placement Program* were introduced to the National Library of Medicine's computerized literature retrieval system and Grateful Med software through periodic seminars given by Lese. Computerized research assistance also was provided for students participating in the *Eastern Alleghenies Health Careers Opportunity Program* (HCOP) and the University of Maryland School of Nursing Outreach programs.

This last year has seen the beginnings of an outreach project that has been characterized as "just a little bit of technology and a lot of handshakes." If the last two decades of resource sharing and development are indicative of its future potential, the 1990's will indeed be the Age of Information.

Financial Profile

July 1, 1989 - June 30, 1990

Income

Maryland Statewide Medical Education and Training System	\$207,830
Health Professions Education Assistance (Federal AHEC Funds):	
Preventive Care for Older Adults II	16,684
Expanded Toxic Exposure Training	17,000
Geriatric and Gerontology Education Research Program	18,750
Health Careers Opportunity Program (Federal HCOP Grant): Eastern Alleghenies HCOP Program	176,229
Regional Medical Library Outreach Pilot Program	13,949
Rural Master's Outreach Nursing Program (UMAB School of Nursing): Learning Resources Support	5,000
Instruction Resources	<u>21,000</u>
	<u>\$476,442</u>

Line Item Expenditures

Personnel and Contractual Salaries	\$275,208
Communications	14,234
Printing and Supplies	16,753
Equipment and Equipment Contracts	5,504
Office Operations	24,041
Travel	16,787
Student Programs - Direct Costs	99,078
Off-Campus Instruction	21,000
Learning Resources	<u>3,837</u>
	<u>\$476,442</u>

Expenditures by Functional Category

Career Recruitment	196,279
Clinical Placement Program	79,610
Administration - CAHEC	42,879
Learning Resource Services	37,850
Continuing Education	33,684
Off-Campus Program Support	25,764
Regional Health Personnel Planning	24,644
Program Development	14,293
Public Information	9,528
Board, IHEC, and Caucus Activity	7,146
Community Health Education	<u>4,765</u>
	<u>\$476,442</u>

Caucus Reports

Dental Caucus

John Davis, DDS

Provided preceptor services for two dental students from the UMAB School of Dentistry.

Reviewed data base information training program plan and contributed recommendations on its implementation for area dentists.

Reviewed the progress of the *Health Careers Opportunity Program* and recommended that the staff give particular attention to dental assisting and dental hygiene careers.

Supported the distribution of the "Disposal of Special Medical Waste" videotape for area dentists.

Supported distribution of database information on fluoride in an effort to help focus local discussion on more comprehensive clinical information.

Enabled joint planning of continuing education events with Allegany Community College.



The Dental Caucus and Allegany Community College cosponsored *AIDS: A Challenge for Dental Professionals*. Over 100 people registered for the CE program.

Medical Caucus

Raul Felipa, MD

Provided preceptor services to medical students through the services of over 40 physicians.

Developed recommendation for restructuring the CAHEC rotation for medical students for the next fiscal year.

Monitored progress of the development of expanded opportunities for rotations with the Washington County Hospital.

Reviewed report on the completion of the *Preventive Care with Older Adults Program*.

Negotiated with Franklin Square Hospital Department of Medicine regarding their interest in including an elective rotation for primary care residents in their residency program.

Provided recommendations on the development of the data base training program sponsored by the Regional Medical Library.

Reviewed recommendations relating to medical preceptor recognition by UMAB.



The seminar *Meeting the Challenges of the 1990's* focused attention on occupational and environmental issues that impact health care. The program was coordinated by Diane Trickett, Toxic Education Coordinator, with Jim Keogh, MD, Director of the University of Maryland's Occupational Health Project and an Associate Professor of Medicine and Epidemiology and Preventive Medicine, and a regional advisory committee.

Nursing Caucus

Charity Dean, RN, BSN

Reviewed progress of the UMAB Master's and Bachelor's Outreach Programs.

Developed plan for the recruitment of high school students into nursing education programs.

Coordinated planning with *Health Careers Opportunity Program* and local hospitals.

Made arrangements to meet individually with middle and high school guidance counselors in Garrett and Allegany counties.

Reviewed information on the *Geriatric and Gerontological Education and Research (GGEAR)* program.

Refined planning for a special initiative application relating to a nursing development program.

Refined continuing education role for Allegany Community Counsel nursing programs.

Reviewed plans for the implementation of an information access training program funded by the National Library of Medicine.



(L to r) Maha Al-Faks and Greg Chin, pharmacy students from Duquesne University, were among the 24 pharmacy students studying with local pharmacy preceptors.



HCOP staff (l to r) Suzanna Dotson, Health Careers Education Specialist, Deborah Bradley, Health Careers Counselor, and Sue Davis, Program Coordinator.

Pharmacy Caucus

Robert Martin, Jr., BS Pharm

Provided preceptor services for students from UMAB, Duquesne and West Virginia University Schools of Pharmacy.

Reviewed preliminary plans for a new Pharm D. degree program at UMAB.

Reviewed information on the Regional Medical Library data base training program.

Discussed current process for selection and use of the Lichtenstein Scholarship.

Reviewed design of a proposed pharmacy preceptor agreement form.

Assisted in up-dating the design of geropharmacy rotation for advanced student electives.

Reviewed report on the completion of the *Preventive Care for Older Adults Program*.

Authorized trips to Baltimore to recruit pharmacy students for PEP rotations at area pharmacies and institutions.

Sent representative to Duquesne University preceptor training conference.

Social Work Caucus

Carolyn Clauson-Andrews, MSW

Conducted a planning meeting to decide upon priority topics for caucus meeting presentations.

Convened a special meeting to discuss child abuse with resource persons from the Department of Social Services and the Allegany County Task Force on Child Abuse.

Explored the possibility of creating an affiliation for the Caucus with the UMAB School of Social Work and Community Planning alumni office.

Conducted a meeting with Lucille Green, Executive Director of the Maryland Chapter of the National Association of Social Workers.

Reviewed implications for area social workers on the availability of the Regional Medical Library outreach training on data bases.

Identified on-going status of shortage of accredited social workers in the Western Maryland area.

Requested the Board and IHEC to develop services which will help alleviate present and projected shortages of licensed social workers in the area.



Students in the 1989 HCOP Preliminary Education Program spent four weeks on the campus of Frostburg State University (FSU). (L to r) Regina Terry (Allegany High School graduate now studying at FSU) and Connie Overbaugh (Hampshire High School graduate now studying at Fairmont College) performed an ad lib commercial on the way to the dorm laundry room.



Wade Cutter (Oldtown High School graduate now studying at Allegany Community College) worked in a science laboratory refining the skills he needed in his studies toward a health profession while participating in the 1989 HCOP Preliminary Education Program.

Psychology

Spencer Deakin, PhD

Supported arrangement for WVU graduate student in clinical psychology to complete a clinical placement at the Thomas B. Finan Center.

Supported accreditation request by the Thomas B. Finan Center to become a certified training center.

Did not conduct formal caucus meetings. Planning to reorganize in the fall of 1990.

Worked with the Finan Center in exploring and supporting development of a grant application on Research on Mental Disorders in Rural Populations from the Dept. of Health and Human Services, PHS, Alcohol, Drug Abuse, and Mental Health Administration, National Institute of Mental Health.

Directory

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Ambulatory Care:
 Dental Extern:
 Health Education:
 Medical Technology:
 Nursing:
 Pharmacy:
 Physical Therapy:
 Primary Care:
 Social Work:

Sallie Rixey, MD
 Mark Wagner, DMD
 Patricia Alt, PhD
 Terry Reynolds, BS
 Helen Kohler, PhD
 Marvil L. Oed, BS Phar
 Cheryl Spezzano, RPT
 Mohamed Al-Ibrahim, MD
 Ralph Dolgoff, DSW

Maryland Statewide Medical Education & Training System

John M. Dennis, MD, Dean, School of Medicine
 James I. Hudson, MD, Associate Dean for Administration, School of Medicine

Directory

CAHEC Staff

Central Program Staff

Executive Director:
Program Associate:
Clinical Education Coordinator:
Information Specialist:
Library Associate:
Financial Secretary
Office Manager:
Secretary:
RSVP Volunteer:
ACC Secretarial Intern

Donald L. Spencer, MPA
Marie Potts-Deakin, MBA
B. Ruth Wood, MS, RN
Kathleen A. Lese, MT, MA
D. Michele Beaulieu, RN
Robin Deter
Heidi A. Welberry
Bonnie Lewis
Nellie Mock, RN
Tracy Baughman

Grant Program Staff

HCOP

Project Coordinator:
Health Careers Counselor:
Health Careers Education Specialist:
Secretary:

Susan O. Davis, MEd
Deborah Bradley, MEd
Suzanna S. Dotson, MS
Tracey Goldsworthy, AA (*on leave*)
Nancy Small (*temporary*)

GGEAR Project

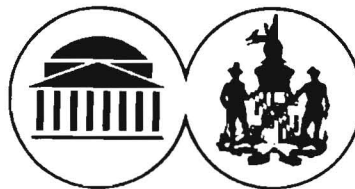
Geriatric Education Coordinator:

Kathleen Powell, MSW

Nursing Outreach Program Staff

Coordinator/Faculty member:
Faculty member:

Gail Mazzocco, EdD, RN
Sue Coyle, MS, RN



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