

Western Maryland Area Health Education Center Fiscal Year 2007 Annual Report



The Western Maryland Area Health Education Center (WMAHEC) is a 501 (c) 3 organization whose mission is to improve access to and promote quality in healthcare through educational partnerships.



Continued Dedication and Advocacy for Health Professions Education

The Western Maryland Area Health Education Center (WMAHEC) addresses the recurring challenges to the healthcare workforce with the strength of its most valuable resources—its staff and partners. During Fiscal Year 2007, these challenges included workforce shortages coupled with a generally poor funding climate and more funding cuts at the federal level. WMAHEC met the challenges by reorganizing the staff and refocusing on the agency's core programs: education and training for health professionals and health professions students, health careers interest programs, education on health-related topics for the public, information services for professionals, and the eleven health professional caucuses.

Convinced that a 'grow your own' approach is our strongest asset in reducing workforce shortages, we directed full attention to the enhancement and expansion of our health careers pipeline program, Exploring Careers in Health Occupations (ECHO). This program expanded from a one-week program to three one-week programs to accommodate the increased level of interest from high school students.

During FY07, the agency also improved resources for one of its strongest assets—its health professional caucuses. By designating a program coordinator to work with all of the caucuses, WMAHEC increased opportunities for communication, interconnectedness, and interdisciplinary education. Academic partnerships increased, allowing WMAHEC to provide community education opportunities for all ages on subject matters of significance to Western Maryland. Other programmatic changes included cancer education programs for the public schools, and enhanced geriatric interdisciplinary team training opportunities for health professions students.

I highly commend the dedicated staff of the Western Maryland Area Health Education Center, as they are a decidedly creative and effective team dedicated to serving the communities in Western Maryland. To our Caucuses, as well as community and academic partners, many thanks for the remarkable program partnerships and opportunities to serve on your teams.

Sincerely,

Susan K. Stewart

Executive Director

Earl Stoner

Chair, Board of Directors

Information

Learning Resource Center

West Virginia Health Information Outreach II, funded by the National Network of Libraries of Medicine/ Southeastern/Atlantic Region, began on October 1, 2006 and runs through September 30, 2007.

The project is building upon the past project, *West Virginia Outreach I* that incorporated partnerships with health care and other service providers. In addition to Health Sciences and Technology Academy (HSTA) programs, other partners include the Northern West Virginia RHEC; the Parish Nurse Program at West Virginia University; and the West Virginia Library Commission, which will coordinate county public librarians' access to the program in north and east West Virginia. Through these partnerships, WMAHEC has been enhancing the ability of individuals to access reliable health information resources by training and education on the use of NLM products and services like Medline, MedlinePlus, ClinicalTrials.gov, Genetics HomeReference.gov and others. The project has utilized the train-the trainer approach that has maximized the outreach potential and long-term impact.

So far, the project staff has trained:

Health care or service provider (HSTA students)	20
Public/other library staff member	24
Member of the General Public	2

Board of Directors FY 2007

Aiken, Rebecca	RN
Ambrosia, Todd	PhD,MSN, CRNP
Baquet, Claudia	MD, MPH
Bezuneh, Meseret	MS, Ed.
Breakall, Charles	LCSW
Browning, Bethany	RN, CCRN
Edwards, Jason	PhD
Harr, Christina	PTA
Hoffman, Joe	PhD
Keane, Elaine	MS, OTR
Kessell, James	RPh
Kiddy, Amy	RN, BSN
LaParle, Frank	DDS
Lease, Henrietta	BS, MBA
Lytle, Jennifer	LSWA
Menchavez, Celestino	MD
Phillips, A. George	BS, MED
Preaskorn, Diane	PTA
Purdy, Timothy	MSN, CRNP
Raines, Troy	BS
Raver, Sue	MD
Rozas, Ramon	JD
Rulle, Mark	Ed.D.
Schneider T. Brooke	MS, LPC, MAC, NCAPIII
Sheetz, Anne	MS, MA, LCPC
Stoner, Earl	BS, MPH
Sullivan, Mark	
Wilson, Jennifer	M.Ed., RD, LD

Learning Resource cont....

Although working with the students has been rewarding, being invited to provide a training at the West Virginia Library Association's Spring Fling was especially so. The twenty-four participants were extremely excited and motivated to learn about the resources and were anxious to share their knowledge with their patrons.

At the end of June the WMAHEC LRC submitted an Express Outreach Project proposal to the National Network of Libraries of Medicine /Southeastern Atlantic Region. In July we received notification that the project will be funded. This project will provide NLM resource training similar to the WVII project; however the project will target the students participating in the Exploring Careers in Health Occupations (ECHO) program as well as the students enrolled in our new Youth Health Service Corps program. Express Outreach began July 1 and runs for 12 months.

Learning Resource Center staff continued to provide contractual services to Garrett County Hospital, Somerset Hospital Center for Health, and the Western Maryland Health System. We also supported other WMAHEC projects and area health professionals, providing training, medical literature searches, document delivery, and maintaining the journal and monograph collection in the Learning Resource Center which has just recently relocated to the main level of the WMAHEC building.

Development & Advocacy

Allegany County Family Violence Council

The Allegany County Family Violence Council had a remarkable year in many ways. Once again, the Council faced seemingly insurmountable funding challenges when it received no funding to continue its important data collection project. Months of advocacy led to a restoration of funding for an abbreviated program year. The Council moved immediately to pick up its work and move forward. As a result, the Thorough Assault Case Tracking (TACT) system is in place at all of the partner sites and the last of the revisions are being made to ensure smooth operation.

In addition to its groundbreaking TACT system, the Allegany County Family Violence Council made Allegany County the eleventh county in Maryland to officially form a Fatality Review Team. The primary purpose of Fatality Review teams is to review deaths and near-fatalities which involve intimate partner domestic violence in a manner that makes real the victim's lived experience, with the ultimate intent of preventing such deaths and near-fatalities.

MidAtlantic Public Health Training Center (MAPHTC)

In 2006 WMAHEC, the Nursing Caucus, Project Aware, and the Mid-Atlantic Public Health Training Center (MAPHTC) partnered with Allegany College of Maryland and Hagerstown Community College to develop and present four continuing education programs serving 499 Western Maryland area health professionals and volunteers. These programs were: *Pandemic Flu: A Public Health Perspective*; *Workplace Issues for Nurses*, and *Threats to Public Health: Safeguarding Food, Water, and Animals*.

Western Maryland Mini-Med School

WMAHEC conducted its third annual Western Maryland Mini-Med School for 168 participants from the community, among which 121 graduated. Through-

out the four-week course, Mini-Med offered an inside view into exciting progress in medicine, ways to improve health, and important prevention and treatment information on chronic disease and conditions commonly experienced by citizens of Western Maryland. Courses were taught by medical professionals from the local community and from the faculty of the University of Maryland School of Medicine on subjects such as cancer, diabetes management, alternative medicine, arthritis, anxiety and depression, cardiac Health, substance abuse, and pain management. Mini-Med was a partnership effort of WMAHEC; the University of Maryland School of Medicine, Maryland Statewide Health Network, and Center for Health Disparities; and the Maryland

Community Health Resources Commission. Community partners were Allegany College of Maryland, PharmaCare of Cumberland, Fibred-Maryland, Inc., and the Western Maryland Health System.



Project Aware

WMAHEC's *Project Aware* program which encompassed a 17 county, four state service area ended in March 2007. This innovative project was funded by the Corporation for National and Community Service for \$347,000 per annum. The program focus was to encourage and equip people, particularly those aged 55 and older, to perform meaningful and constructive volunteer service to minimize damage from Homeland Security threats and natural disasters and to aid in the recovery after an event.

In keeping with its philosophy of community partnership, WMAHEC distributed an average 73% of total funds to six community partners contracted as project Field Sites and for WMAHEC staff coordination of 28 regional volunteer training and activities with 9 tabletop simulations utilizing Command School, Inc. The program field sites—Garrett County Area on Aging, Volunteer Center of Allegany County, Washington County Department of Emergency Services, Volunteer Frederick, Inc. Western Maryland Health System Parish Nurse Program and Grant Memorial Hospital—succeeded in recruiting 1,247 total volunteers who provided their



communities with more than 48,000 volunteer hours from January 2006 through March 2007. Among those volunteers, 630 were age 55 and older, meeting the project's ambitious goal. Additionally, *Project Aware* supported the growth of a local Community Crisis Response Team (CCRT), and enabled team members to train and become a regional NOVA (National Organization for Victim Assistance) team serving the Potomac Highlands of Maryland and West Virginia.

WMAHEC continues to support the work begun under the *Project Aware* grant through its Emergency Preparedness Caucus.

FY07 Project Aware Volunteer hours:
29,647

Recruitment & Retention

Clinical Education

In FY2007, the number of clinical education participants increased 21% and the number of rotation weeks increased by 27% over FY2006. One medical resident and one hundred and three health professions students representing 11 disciplines from 20 universities, colleges, and programs completed 682 weeks of clinical experience with preceptors in Allegany, Frederick, Garrett, and Washington counties and nearby areas of Pennsylvania and West Virginia.

Thirteen new preceptors shared their time and expertise with students: Theresa Barkdoll, CNMT, Mickey Bittinger, RDMS, Vivian Exline, OTR/L, Gregory George, RPh, MS, Terri Kite, COTA/L, Rick Malloy, MPT, Rich McQuarrie, PT, John Mehanna, MD, Marla Niland, RDMS, Ghazala Qadir, MD, Samuel Rao, MD, Paul E. Shuster, MD, and Chad Sibitt, CTRS. Area health professionals also mentored clinical education students during elective site visits.

Raul Felipa, MD, who was instrumental in the establishment of the clinical education program and precepted medical residents and students since its inception was honored with the Don Spencer Award at the WMAHEC Annual Meeting for all the skills, knowledge and time he share with students and with the WMAHEC clinical education program.

Jack Gladstein, MD, the course director for the AHEC rotation at the University of Maryland Baltimore, School of Medicine, was honored with the John M. Dennis Award at the WMAHEC Annual Meeting for his commitment and support.

Gregg Wolff, MD, who completed clinical rotations in Western Maryland while a student at the University of Maryland Baltimore, School of Medicine and returned to Allegany County to practice, was named Physician of the Year at the Western Maryland Health System.

Volunteer hours: **27, 520**





Geriatrics and Gerontology Education and Research (GGEAR)

GGEAR provided mini-grants to support seven projects. Five hundred forty-nine participants attended continuing education programs in Allegany and Washington counties designed to enhance the care of older adults. Topics for the four programs were: *Protecting and Supporting Vulnerable Adults*, *Management of the Geriatric Trauma Patient*, *Personality Disorder and Therapeutic Interventions in the Aging Population*, and *Changing our Perspective in Providing Quality Care to Persons with Dementia*. To support ongoing training with elder care providers, ten videos addressing the *Identification of signs and symptoms of Alzheimer's disease and mental illness in the older person* and *Strategies of care* were provided to the Garrett County Core Service Agency. Books and brochures to support caregivers in the community were provided to the Allegany County Health Department. The books have been loaned to caregivers through the Alzheimer's and Related Conditions support group, the AERS (Adult Evaluation and Review Services) program, the National Family Caregiver Support program, the Senior Care program, and the VA Clinic in Cumberland, MD. Williamsport Retirement Village and Hospice of Washington County received support to present, record, and share ongoing training on *Culture Change and Normalization in the Long Term Care Community*. Twenty-two Western Maryland organizations and programs

collaborated with WMAHEC on the seven projects supported by GGEAR.

GGEAR funding also supported maintenance and enhancement of WMAHEC on-line gerontology and geriatrics resources for community caregivers, health professionals, and students exploring careers in aging, distribution of resource materials at caregiver and senior events in Allegany and Washington counties, and sharing information about web-based training and WMAHEC video and print resources.

Career opportunities in gerontology and geriatrics were shared with high school students in the region as part of health careers presentations for the ECHO (Exploring Careers in Health Occupations) program. As part of the summer residential ECHO program, thirty-four high school students participated in activities including Aging Awareness, importance of interdisciplinary care in geriatrics, and team building and communications activities.

The Geriatrics and Gerontology Education and Research (GGEAR) program at the University of Maryland Baltimore facilitates education, research, and community-driven trainings on aging and the clinical care of older adults. GGEAR funding supports WMAHEC geriatrics and gerontology activities in Western Maryland. Funding has been continued for FY08.

Volunteer hours: **264 hours**

Geriatric Assessment Interdisciplinary Training (GAIT) Projects

The Geriatrics and Gerontology Education and Research (GGEAR) Program at the University of Maryland Baltimore directs a University System of Maryland Redeployment Grant that provided the twelfth year of funding for training projects that provide an experiential interdisciplinary learning opportunity for students in University of Maryland System health professions programs.

The GAIT projects promote practice opportunities at rural geriatric care sites, increase sensitivity to the needs of older adults and enhance university-community contacts. The projects also provide a clinical experience in Western Maryland for students that may not be able to participate in a longer rotation.

Geriatric care sites in Allegany and Washington counties hosted interdisciplinary teams of health professions students. The students participate in aging awareness and interdisciplinary team assessment skills activities, learn about the host site's interdisciplinary

assessment process and documents and then each team assesses a client selected by the host site. The student teams present and discuss their team assessment with host site staff. Each GAIT project focused on a specific topic: *Dementia Care in Adult Medical Day Care*; *Leaving the Nursing Home: Rehabilitation Services in Long-Term Care*; *Geriatric Rehabilitation*; and *Transitions in Assisted Living: Promoting Health and Wellness*.

A one-day, small group format for GAIT was successfully piloted to accommodate small rural host sites and students that can only participate for one day due to family, work, or academic commitments. Twenty-five students, representing dentistry, nursing, occupational therapy, pharmacy, and speech and language pathology participated in one of the four GAIT projects.

The impact of GAIT projects, ***AHEC and GGEAR: Sustaining University-Community Partnerships***, was presented at a University-Community Partnership

conference in Blacksburg, VA.

The GAIT projects have been funded for Year 13.

Volunteer Hours:
240 hours



Professional Caucuses

Promoting integrated health care is a common goal for the Western Maryland Area Health Education Center and it's network of health professionals referred to as caucuses. Dentists, dieticians, nurses, occupational and physical therapists, pharmacists, physicians, psychologists and professional counselors, nurse practitioners and social workers make up the eleven active caucuses, with a total of 622 members. They meet regularly to provide forums for professional communication and interchange in academic and applied fields. They also support the attainment of continuing professional education and certification thru trainings that include "Legislative Updates Affecting Social Workers", "Five Commitments for Effective

Periodontal Care", "Depression and Addictions", "Workplace Issues for Nurses", "Pandemic Flu" and "Current Recommendations for Medical Nutrition Therapy for Chronic Kidney Disease". During Fiscal Year 2007 WMAHEC sponsored or co-sponsored 46 continuing education courses for 1773 health professionals. The caucuses continue to advocate for improved healthcare in the Western Maryland region and improve community awareness by sponsoring academic enrichment scholarships, participating in food collection drives, hosting appreciation luncheons, assisting with "shadowing" experiences for health career students and routinely publishing informative articles to the local newspapers.



Health Careers Pipeline

Exploring Careers in Health Occupations (ECHO) has grown exponentially. The program reached its capacity within an hour of when registration opened. A scramble for additional funding occurred as it became obvious that area high school students wanted to take part in our efforts. A second week was added to accommodate the interested young people. Again, a wait list was created to accommodate the overflow. In addition, students from previous years were wanting to participate again. A second year component was added to provide a more intimate experience with health careers for these students. These students were provided job shadowing experiences by Tri-State Community Health Center, WMHS, and the Allegany County Health Department. Final numbers for 2007 ECHO program were: 36 students participated in the first year program. 7 students returned for a second year program. Nine WMAHEC caucuses provided scholarships for interested students. Each caucus gave enough funding to defray the cost of one participant. The National Pharmacy in LaVale and The Del Signore Foundation gave generous gifts to help meet the rising costs. WMAHEC received a grant from the Northwest Connecticut



Area Health Education Center to replicate its nationally acclaimed Youth Health Service Corps. Programming will begin in August and will be incorporated into the current Health Careers recruitment efforts. This component will allow WMAHEC to work with the students who participate throughout the year, and throughout their tenure in high school. This extended contact will increase WMAHEC's ability to provide necessary support and offer experiential and academic support to those who are choosing to pursue a career in a health occupation.

In addition to this new program, WMAHEC looks to add a third year of ECHO programming for returning students who have completed the first two years which will include job shadowing, financial aid and college entrance information, as well as interest and aptitude assessments for the students.



Community Network Partnership

University of Maryland School of Medicine Maryland Regional Community Network Program

The mission of the Maryland Regional Cancer Network is to reduce and eliminate cancer disparities for Maryland's urban and rural underserved communities through an intensive and integrated program of community-based participatory research, evidence-based and culturally appropriate community outreach and training which fosters discover, intervention development and delivery in community settings.

Target Populations: African Americans, Latinos, Native Americans, Low-income White, Rural and Urban residents of Maryland.

Cancer Focus: Breast, Cervical, Colorectal, Liver, Oral, and Prostate. **Risk Behaviors:** Tobacco Cessation and Clinical Trials Knowledge and Attitudes

As one of several Community Partners, the WMAHEC covers the westernmost portion of the state and has

chosen to focus on the problem of oral cancer and smokeless tobacco use in our rural communities.

Since July 1 of last year, through training, education and outreach activities, over two thousand western Maryland residents have been reached.

Additionally, project staff have developed and submitted a research grant proposal to the National Cancer Institute that aims to study why smokeless tobacco users do not traditionally attend smoking cessation programs, then to develop a cessation program specific to the needs of smokeless tobacco users.



National Youth Leadership Forum on Medicine

Through the University of Maryland School of Medicine's Office of Student Research, the WMAHEC nominated Chrystal Hardy, a senior from North Hagerstown High School for a National Youth Leadership Forum on Medicine fellowship.

The fellowship was made possible via a request from Dr. Jordan Warnick, who was seeking an outstanding student from Western Maryland. A participant is nominated by teachers or mentors and must have a grade point average of 3.3 on a 4.0 scale or above to be eligible.

Western Maryland Area Health Education Center Staff



Top Row L to R: Sharon Donahoe, Tina Roberson, Nancy Folk, Martha Bird-Middleton, Terri Socha, Sandy Shook and Robert Slaven. Bottom Row L to R: Renae Powell, Jackie Booth, Susan Stewart, Michele Beaulieu, Scottie Samples and Joy Taylor.

<i>Employee/Position</i>	<i>Ext</i>	<i>Email Address</i>
Beaulieu, Michele – Program Coordinator	116	mbeaulieu@allconet.org
Booth, Jackie – Administrative Specialist I	103	jbooth@allconet.org
Donahoe, Sharon – Human Resource Specialist I	102	sdonahoe@allconet.org
Morton, Kristin – Program Coordinator	110	kmorton@allconet.org
Powell, E. Renae – Administrative Specialist I	101	rpowell@allconet.org
Roberson, Tina – Finance Coordinator	140	troberson@allconet.org
Samples, Scottie – Program Coordinator	105	ssamples@allconet.org
Slaven, Robert – Information Systems Specialist	149	rslaven@allconet.org
Socha, Terri – Program Coordinator	107	tmsocha@allconet.org
Stewart, Susan – Executive Director	147	sstewart@allconet.org
Taylor, C. Joy – Program Coordinator	141	jtaylor@allconet.org
Folk, Nancy – Volunteer Office Aide	117	nfolk@allconet.org
Shook, Sandy – Office Aide	117	sshook@allconet.org
Clites, Mary – Custodian		
Fisher, Roland – Maintenance		

Former employees who contributed to Fiscal Year 2007 programming:
Martha Bird-Middleton, Carolyn Mulligan, and Mark Smith.





FY07 Financial Highlights

Income*

Maryland Statewide Medical Education & Training System Services (MSMETS)....	\$ 324,000
Subrecipient Agreement with the University of Maryland, Baltimore	
State of Maryland Department of Health and Mental Hygiene (DHMH)	130,556
Subrecipient Agreement with the University of Maryland, Baltimore	
Central Appalachian Health Careers Opportunity Network	60,932
DHHS, HRSA, Bureau of Health Professions, Subcontract with West Virginia University	
Model AHEC Funding	50,950
HRSA, Subrecipient Agreement with the University of Maryland, Baltimore	
Project Aware	195,321
Corporation for National and Community Service	
Rural Interdisciplinary Health Promotion.....	94,470
Quentin N. Burdick Program, DHHS, HRSA, Bureau of Health Professions	
Geriatric Assessment Interdisciplinary Team Project (GAIT).....	45,555
Subrecipient Agreement with the University of Maryland, Baltimore	
Allegany County Family Violence Council	47,778
Violence Against Women Grant Program, Governor's Office of Crime Control and Prevention	
Geriatrics and Gerontology Education and Research Program (GGEAR).....	25,000
Subrecipient Agreement with the University of Maryland, Baltimore	
Maryland Statewide Health Network.....	15,000
DHMH, Subrecipient Agreement with the University of Maryland, Baltimore	
National Network of Libraries of Medicine.....	25,073
National Library of Medicine, Subaward Agreement with the University of Maryland, Baltimore	
Western Maryland Health Information and Resource Network.....	21,950
Service Agreements with area hospitals	
The Maryland Regional Community Network Program to Eliminate Cancer	28,000
National Cancer Institute, Subaward Agreement with the University of Maryland, Baltimore	
Statewide Academic Health Center Tobacco-Related Diseases Research Grant.....	60,000
DHMH, Subrecipient Agreement with the University of Maryland, Baltimore	
Total	\$1,124,585

Line Item Expenditures*

Personnel.....	\$ 568,213
Contractual Services	335,430
Insurance	5,222
Communications	15,373
Printing and Supplies	29,894
Equipment and Equipment	
Contracts	10,147
Office Space & Utilities	75,879
Travel	22,399
Direct Student Support.....	27,123
Learning Resources.....	34,905
Total.....	\$1,124,585

Expenditures by Functional Category*

Recruitment.....	\$ 761,759
Retention	165,025
Information	122,023
Advocacy	75,778
Total.....	\$1,124,585

** For the fiscal year of July 1, 2006, through June 30, 2007*

2007 Preceptors

Teresa Barkdoll, CNMT, RT(N)	Terri Kite, COTA/L
Jacquelyn Bauer, CRNP	Michael Levitas, MD
Mickey Bittinger, RDMS	Rick Malloy, MPT
Anthony Bollino, MD	Rich McQuarrie, PT
Brian Bonham, MD	John Mehanna, MD
Vincent Cantone, MD	Celestino Menchavez, MD
Ruben Cerri, MD	Elmaslias Menchavez, MD
K. Jill Ciccarelli, MD	Anita Meyers-Vagnoni, MD
Maureen Conroy, DO	Mary Money, MD
James Crable, RPh	Marla Niland, RDMS
Wayne Crowder, MD	Susan Nuber, MD
Robert Dawson, MD	Donald Patthoff, DDS
Allen Ditto, MD	Ghazala Qadir, MD
Charles Downs, PharmD	Samuel Rao, MD
Allison Evans-Wood, DO	John Reed, MD
Vivian Exline, OTR/L	Jeffery Rhodes, DDS
V. Raul Felipa, MD	Carol Ritchie, RPh
Kandy Fink, CRNP	Darlene Russell, PT
Shauna Fiorentino, OTR/L	Sotiere Savopoulos, MD
Carla Fritz, CRNP	Sanjay Saxena, MD
Gene Gall, D Div	Karl Schwalm, MD
Gregory George, RPh, MS	Manzar J. Shafi, MD
Thomas Gilbert, DO	Huma Shakil, MD
Rosario Gonzaga, MD	Paul E. Shuster, MD
Matthew Hahn, MD	Chad Sibbitt, CTRS
Tom Hartsuch, MD	John Staggers, PT
B. Allen Haworth, DO	Jerry Stewart, PD
Virginia Heard, MSPT	Randall Stroup, PA-C
Debra Hurtt, MD	John Stuckey, MS, OTR/L
Margaret Kaiser, MD	Christopher Vagnoni, MD
Mashukur Khan, MD	Leon Weaver, MD
Shiv Khanna, MD	Rodney Williams, MD

FYI

During Fiscal Year 2007, WMAHEC sponsored or co-sponsored 53 continuing education courses with 2,682 participants in attendance and 14 trainings with 803 participants attending. Many thanks go to WMAHEC's preceptors, eleven health professions caucuses, and partner organizations for a great year of dedication and service to the community. Preceptors and caucuses contributed more than 29,771 volunteer hours.





WMAHEC thanks its many partner organizations for a great year of service to the community. United in working toward quality healthcare in the rural region, WMAHEC looks forward to continued collaborations with these partners in future endeavors.



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