



Fiscal Year 2010 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.

Fiscal Year 2010 was the “year of the roller coaster” for Western Maryland Area Health Education Center. The year started with an approximate 30 percent cut from our Department of Health and Mental Hygiene budget and the need to find a new facility to house our offices, students, and medical residents. Much of the year was spent in search of this new space, a process with many twists, turns, starts, and stops. We sadly said good-bye to one long-time employee and happily said hello to both a former employee who came back and a new program coordinator.

But also in Fiscal Year 2010, we experienced numerous highlights. In the face of extreme budget pressures, we were able to maintain quality in our programs and services and find a new home that is affordable. Our pipeline programs grew, and we experienced more interest from students than we could accommodate. Library services took on new forms but continued to grow. State and federal funding sources increased their interest and funding for continuing education. There were also increased interest and requests from rising second-year medical students to complete summer internships in Western Maryland.

Our new location boasts the best view in scenic Cumberland, Maryland. The offices are spacious, and the student/medical resident rooms have been nicely upgraded. While it was a year of extremes, it was also a time of opportunity and increased interest in Western Maryland AHEC programs and services.

Sincerely,

Susan K. Stewart

Executive Director

Jennifer Wilson

Chair, Board of Directors



Board of Directors FY 2010

Claudia Baquet	MD, MPH
Charlie Breakall	LCSW
Cynthia Fenimore	JD
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Paula Jilanis	BA, LMT, RMT
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Celestino Menchavez	MD
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Mike Reid	PTA
Diane Romaine	DMD
Mark Rulle	EdD
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Earl Stoner	MPH
Mark Sullivan	
Donna Walbert	RN, BSN, MS
Jennifer Wilson	Med, RD, LD
Mark Sullivan	
Jennifer Wilson	M.Ed, RD, LD



WMAHEC Staff

Jackie Booth	<i>Administrative Specialist I</i>
Mary Clites (Contract)	<i>Custodian</i>
Nancy Folk (Volunteer)	<i>Support</i>
Kristin Morton	<i>Program Coordinator</i>
E. Renae Powell	<i>Administrative Specialist I</i>
Tina Roberson	<i>Finance Coordinator</i>
Scottie Samples	<i>Program Coordinator</i>
Sandy Shook	<i>Office Aide</i>
Terri Socha	<i>Program Coordinator</i>
Mary Spalding	<i>Program Coordinator</i>
Susan Stewart	<i>Executive Director</i>
C. Joy Taylor	<i>Program Coordinator</i>
Jim Taylor (Contract)	<i>Information Technology</i>
Jen Thomas (Contract)	<i>Program Coordinator</i>

Maryland AHEC Program

E. Albert Reece, MD, PhD, MBA
Vice President for Medical Affairs and Dean
University of Maryland School of Medicine

Shiraz Mishra, MB,BS, PhD
Associate Professor, Family and Community
Medicine

University of Maryland School of Medicine
Associate Professor, Family and Community
Medicine

University of Maryland School of Medicine
Deputy Director, Outcomes and
Evaluation, Maryland AHEC Program

Claudia R. Baquet, MD, MPH
Associate Dean for Policy and Planning
Associate Professor, Epidemiology and
Preventive Medicine
University of Maryland School of Medicine
Director, Maryland AHEC Program

Leslie S. Robinson, MD
Course Director, ICM
University of Maryland School of Medicine

Youth Health Service Corps (YHSC)

The third year of the Western Maryland Youth Health Service Corps (YHSC) continued, with 73 students enrolled in the YHSC. To date, over 1200 volunteer hours have been served by YHSC members in the area. The YHSC continues to be incorporated into the curriculum of the Career Center for Technical Education's Health Occupations Students of America (HOSA). Sixteen HOSA students were given various job shadowing experiences and CPR certification.



ECHO students visit the Trooper 5 Medivac team at the Maryland State Police.

Exploring Careers in Health Occupations (ECHO)

This year ECHO expanded into a four-year program, which was the continued realization of a long-held agency goal for its pipeline program. Through outreach and recruiting trips, 1873 students were told about the need for health care professionals in the region. Of those, 23 students were enrolled in ECHO 101, 12 students returned for ECHO 201, 7 took part in ECHO 301, and 2 students completed ECHO 401.

ECHO 101

This introductory year was modeled after previous years with the schedule altered to reflect student feedback from previous years. The 23 students traveled to Garrett County to try whitewater rafting at Adventure Sports Center International, visited the University of Maryland Schools of Medicine and Nursing, the Allegany County Health Department, and the Allied Health programs at Allegany College of Maryland. Student participants took part in CPR and First Aid training.

ECHO 201

In its second year, ECHO 201 met with great approval from both participants and community partners. Students engaged with professionals at Western Maryland Health System (WMHS), Dr. Diane Romaine and Associates, Around the Back Chiro, and Frostburg Nursing and Rehabilitation Center to experience a variety of in-depth health care experiences, including watching a surgery live at WMHS.



ECHO students enjoy trying out laparoscopic surgery equipment, watching images from laparoscopic tools appear on computer screens.

ECHO 301-401

ECHO 301 and 401 students participated in intense job shadowing experiences in areas of their choosing. The students chose surgery, OB/GYN, Physical Therapy, Emergency Department, and Veterinary Medicine.

CLINICAL EDUCATION

One hundred and three (103) health professions students representing 9 disciplines completed 648 weeks of clinical rotations with preceptors in Allegany, Garrett, Frederick, and Washington counties and nearby areas of Pennsylvania. The students were mentored by thirty-eight (38) Western Maryland health professionals.

Health professional students completing rotations included:

Pharmacy (15), Advanced Practice Nursing (10), Physician Assistant (10), Dentistry (4), Nuclear Medicine Technology (1), Pastoral Counseling (2), Physical Therapy (2), and Recreation Therapy (1).

Fifty-six (56) fourth-year medical students from the University of Maryland School of Medicine completed primary care rotations. Forty-three percent (43%) of these medical students matched in primary care residency programs (Pediatrics, Family Medicine, Internal Medicine, and Internal Medicine-Pediatrics).

WMAHEC recognizes the importance of exposing students to rural practice earlier in their training. Two (2) first-year students in the Family Care Track at the University of Maryland School of Medicine shadowed with Drs. Anita and Christopher Vagnoni in Allegany County.

Mary E Money, MD, a medical preceptor, spoke on her research on Irritable Bowel Disease for the FY 2010 Mini-Med School in Cumberland.



Melissa Wisner, MD, from Westminster, Maryland, completed her AHEC rotation in Garrett County in September and October 2009 with Drs. Ken Buczynski and Richard Porter at Wellspring Family Medicine. Her career goal of rural family practice in a farm community or the Appalachian Mountains was confirmed by her experience. Dr. Wisner is currently in the Family Medicine Residency program in York, Pennsylvania.

**Volunteer hours:
25,920**

Clinical Education Preceptors

Theresa Barkdoll, CN MT, RT(N)

Jessica Blough, PT

Anthony Bollino, MD

Kenneth Buczynski, MD

Peter Bui, MD

Julie Caler, PharmD

Vincent Cantone, MD

Thomas Chappell, MD

K. Jill Ciccarelli, MD

Wayne Crowder, MD

Allen Ditto, MD

V. Raul Felipa, MD

Carla Fritz, CRNP

Gene Gall, Ddiv

Tom Hartsuch, MD

B. Allen Haworth, DO

Gerard Herpel, PD

Bobbi Hiker, PharmD

Brian Hose, PharmD

Debra Hurtt, MD

Mitchell A. Johnston, RPh, PharmD

Margaret Kaiser, MD

Audrey Kennedy, PT

William Kerns, MD

Shiv Khanna, MD

Terri Kite, COTA/L

John Lapid, PT, MBA

Michael Levitas, MD

Stephan Love, MD

Dan McTaggart, PharmD

Celestino Menchavez, MD

Julio J. Menocal, MD

Anita Meyers-Vagnoni, MD

Mary Money, MD

Sherry Neuder, CTRS

Marla Niland, RDMS

Susan Nuber, MD

Richard Porter, DO

Terri Pryor, PA-C

Ghazala Qadir, MD

Samuel Rao, MD

John Reed, MD

Donald Richter, MD

Diane D. Romaine, DMD

Sotiere Savopoulos, MD

Sanjay Saxena, MD

Karl Schwalm, MD

Huma Shakil, MD

Paul E. Shuster, MD

Randall Stroup, PA-C

Christine Sturtz, CRNA

Katrina Timmons, MPT, CCCE

Christopher Vagnoni, MD

Leon Weaver, MD

Rodney Williams, MD

Karen Yanus, CRNA

GGEAR Partnership

The WMAHEC collaborates with GGEAR at the UMB to provide geriatric assessment interdisciplinary team (GAIT) experiences in rural areas. In the photo, students representing Gerontology, Medicine, Nursing, Pharmacy, and Physician Assistant, from Frostburg State University, Towson University, and the Schools of Medicine and Pharmacy at UMB participated in a GAIT project focused on Geriatric Rehabilitation at the Western Maryland Health System in March 2010. One of the participants, Sara Canada, a Physician Assistant student, returned to Western Maryland to complete a clinical rotation in primary care.



The Geriatrics and Gerontology Education and Research Program at the University of Maryland Baltimore directs a University System of Maryland Redeployment Grant that, in partnership with the WMAHEC, supports:

~ **Geriatric Assessment Interdisciplinary Team (GAIT)** projects are two-day, free-standing trainings for small interdisciplinary teams of health professions students hosted by rural/underserved geriatric care sites. Students enhance their interdisciplinary health care team skills, assess clients selected by the host site, and discuss their team assessment with host site staff.

Forty-one (41) health professions students representing Medicine, Nursing, Pharmacy, Physical Therapy and Social Work programs at UMB Schools of Medicine, Towson University programs in Gerontology and Physician Assistant, and Nursing and Social Work programs at Frostburg State University participated Nursing, Pharmacy and Social Work, in GAIT projects in Allegany, Garrett or Washington County. Project topics included **Maintaining Health and Wellness in Independent Living, Geriatric Rehabilitation: The Patient, The Family and The Health Care Team, Adult Day Services: Helping Older Adults Age in Place, and Community-Based Hospice Care in a Rural Area.**

~ **GGEAR Mini-Grants** supported continuing education and training for health professionals and care providers, and educational outreach to older adults and caregivers. Continuing education and training programs reached six hundred and twenty-four (624) participants. Educational outreach served over 800 older adults and caregivers that received Medication Safety information and materials, and over 500 older adults that received medication safety information. Eighteen (18) Western Maryland organizations and agencies collaborated to develop and implement Mini-grant funded projects.

~ WMAHEC staff maintains WMAHEC website links to **gerontology and geriatrics resources** for health professionals, care providers, older adults, and students exploring careers in aging. Information is shared electronically and through outreach at educational and community events.

~ Aging Awareness, Team Building, and Geriatrics and Gerontology Health Careers activities are integrated into **health career pipeline programs** for pre-college students.

Volunteer hours: 845

H1N1 Outreach

The H1N1 Community Outreach Grant served Allegany County residents through outreach and education by increasing knowledge and awareness about the H1N1 vaccine. A strong partnership with the Allegany County Health Department ensured the success of reaching the public and immunizing approximately 25 percent of Allegany County residents. Flyers, brochures, posters, and various other marketing materials which catered to specific needs of businesses and organizations were developed and distributed. Hand washing presentations were given

over 500 county children which included Head Start, private preschools, public schools, after-school programs, and summer camp participants. Participation in local health fairs guaranteed that educational material was provided to a variety of audiences. Several businesses enhanced vaccination efforts by donating giveaway items. On-site vaccination clinics were conducted throughout the county at local businesses and community agencies to ensure all residents of Allegany County had access to the free vaccine.

The project was supported by the Maryland Department of Health and Mental Hygiene through the Centers for Disease Control Public Health Emergency Response PHER Grant #1H75TP000327.



WMAHEC's H1N1 Coordinator, Jen Thomas, left, shown here with Allegany County Health Department personnel at the Allegany County Fairgrounds, provided educational materials throughout Allegany the county on H1N1 flu.

Oral Health and Prevention Consortium



In spring 2010, Dr. Diane Romaine volunteered her services to teach the basics of conducting an oral screening to the primary care staff at Tri-State so that they could begin to screen their patients and refer them for care as needed.

WMAHEC has partnered with Allegany Health Right and Tri-State Community Health Center initiative to improve dental access for uninsured adults in the region. The proposal has been submitted to HRSA. WMAHEC provides support to the project in the form of education for the community and for health providers.

WMAHEC has worked with Allegany Health Right to create a patient information video about the importance of good oral health and its impact on the whole body.

WMAHEC will also host a continuing education program designed to reach a multi-disciplinary audience of health professionals on the topic of the interrelatedness of oral and systemic health.

Health Professional Caucuses

The dedication and commitment provided to WMAHEC from the members of the twelve health professional Caucuses continues to be the core of the continuing education program success. The disciplines represented by these Caucuses include dentistry, dietetic, nursing, occupational therapy, physical therapy, pharmacy, medicine, psychology and professional counseling, nurse practitioner, massage therapy and social work.

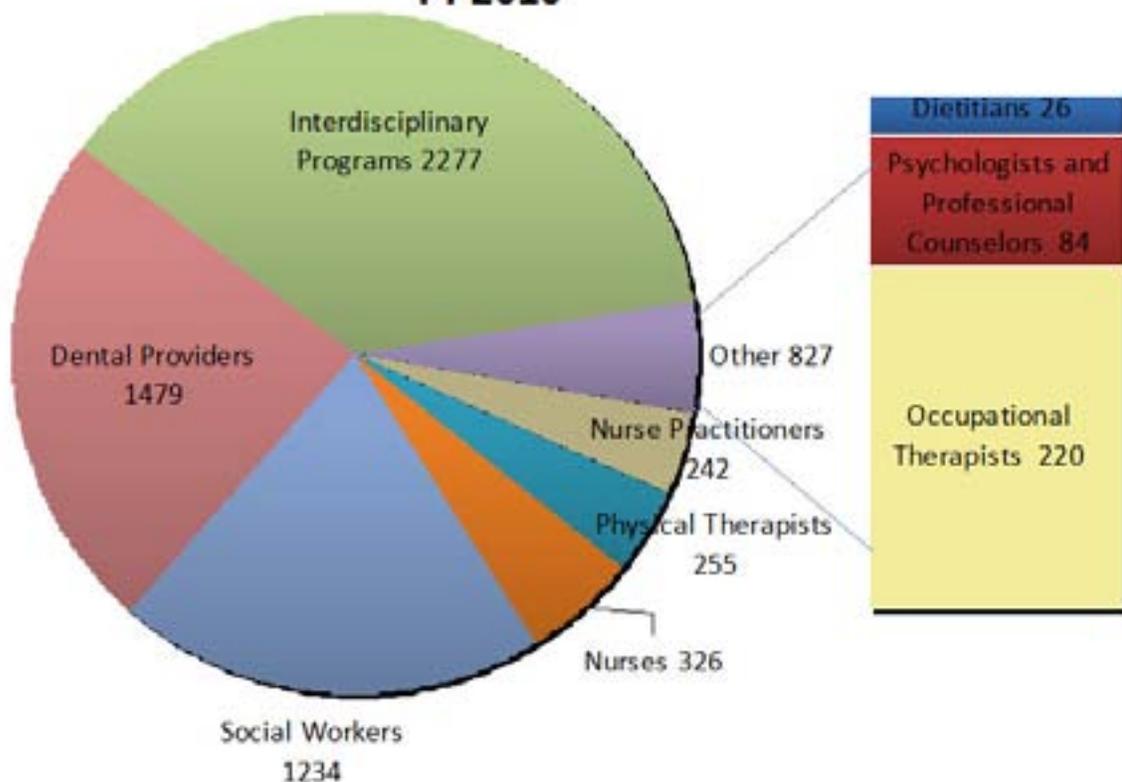
Because of the collaborative relationship established among these Caucuses, health care organizations, and educational institutions, the continuing education department continues to grow. In cooperation with these partners, training needs are assessed and programs are developed and conducted using national, regional and local experts as lecturers and consultants.

During Fiscal Year 2010, 51 continuing education courses were sponsored or co-sponsored for a total of 1721 health professionals. Another 15 non-credit programs were conducted for 1147 participants. Presentation formats included seminars, workshops, lectures, video conferences and telecasts. By providing quality, diverse and affordable educational opportunities, WMAHEC is assisting with the retention of health professionals in the region as well as helping them to improve the health care provided to the citizens of Western Maryland. During any given Fiscal Year, the number of programs conducted and professionals served is commensurate with the amount of available grant funding.

Continuing Education Credit Hours by Caucus

Number of Credit Hours Awarded Per Discipline

FY 2010



University of Maryland Bioethics Research Center

WMAHEC partnered with the University of Maryland School of Medicine on its University of Maryland School of Medicine National bioethics Center Bioethics Research, Health Disparities and Clinical Trials program, facilitating educational programs in Western Maryland to increase awareness of clinical trials and the number of rural and minority citizens enrolled in trials. The program was supported by an NIH grant from the American Recovery and Reinvestment Act, National Center on Minority Health and Health Disparities (NCHMHD/NIH), No. 1RC2MD00476-01.



Dr. Niharika Khanna of the University of Maryland School of Medicine describes ethical considerations for clinical trials at the Western Maryland Regional Medical Center on June 2, 2010.

The University of Maryland School of Medicine Spring Bioethics Mini-Med School, attended by 122 members of the public with 96 graduating, was held at Allegany College of Maryland during May 2010. Core lectures included “Tragedy and History: Research Scandals and How They are Prevented” and “Participating in Research: How You Are Protected and What You Need to Know” with Shiraz I. Mishra, MB, BS, PhD, of the University of Maryland School of Medicine, “How Research Improves Health and What Makes Research Ethical” with H. Skott Brill, PhD, of Frostburg State University, “What is Informed Consent and Why Does it Exist?: with Michael B. Mathias, PhD, of Frostburg State University.

Lectures from local physicians focused on their own clinical trials and treatments based on research. The included “Spine Stimulation for Pain Management” with Gregory Arnold, MD; “Irritable Bowel Syndrome/Disease: Research and Treatment” with Mary E. Money, MD; “Rheumatoid Arthritis, Osteoarthritis, and Osteoporosis: Studies and Treatment” with Steven J. Klein, MD; “Depression Management: Studies and Treatment” with Kevin Ferentz, MD.

Dr. Steven J. Klein discusses his clinical trials with the Bioethics Spring Mini-Med School audience at Allegany College of Maryland on May 25, 2010. Dr. Klein also spoke at the CME program held on June 2, 2010.



Additionally, a Continuing Medical Education (CME) program titled “Bioethics and Research: The Benefits and Risks of Clinical Trials” was held at Western Maryland Regional Medical Center and attended by 17 physicians and other health professionals. The two lectures included “History, Scandals and Tragedies: Beecher, Tuskegee, Willowbrook and the Rest” with Niharika Khanna, MB,BS, MD, DGO, and “What Makes Clinical Research Ethical?” with Steven J. Klein, MD.

Maryland Telehome Care Network

The Maryland Telehome Care Network (TCN) is a research study conducted by the University of Maryland School of Medicine that will provide home monitoring equipment to patients with chronic illnesses (diabetes, COPD, hypertension, and congestive heart failure) who are in a rural home health program. The study is being conducted throughout rural Maryland, including Garrett County, with the goal of improving health outcomes and assessing health benefits and cost savings. In addition to WMAHEC, partners in the project include the Garrett County Health Department and a number of health care organizations in other rural areas of Maryland.

On June 18, 2010, a CME titled Enhancing Patient Care and Improving Outcomes with Telehome Care was held at Garrett County Memorial Hospital, with presenters Shiraz I. Mishra, MB,BS, PhD, of the University of Maryland School of Maryland and Dr. Kenneth Buczynski of Wellspring Family Medicine in Oakland, Maryland, who currently uses telehome monitoring for his chronically ill patients who have been recently released from the hospital.

In collaboration with the Eastern Shore AHEC, WMAHEC produced patient education modules on four chronic diseases studied in the project: hypertension, congestive heart failure, COPD, and diabetes. Home health nurses will use these modules to help patients with self-care.

The project is supported by a grant (# RC2MD004800) from the National Center on Minority Health and Health Disparities (NCMHD) and the Office of the Director, National Institutes of Health (OD).

Western Maryland/West Virginia Rural Outreach Project

The West Virginia/Western Maryland Rural Outreach Project is funded under a subcontract from the National Network of Libraries of Medicine, Southeastern Region (NN/LM SE/A). The project objectives are to provide training sessions to increase individual search and evaluation skills and increase ability to access and evaluate electronic health information, including PubMed/MEDLINE, MedlinePlus, clinicaltrials.gov, and other National Library of Medicine (NLM) products and services; through trainings and publicity, increase awareness and knowledge of NLM and NN/LM SE/A resources and services, promoting MedlinePlus as a favorite health Web site, and increase health careers students, health professionals, and public librarians in training their patrons and patients to find valid health information on the Web, evaluate Web sites, and search for medical articles and other topics related to finding reliable electronic health information.

In FY 2010, the first training session was held at the West Virginia Library Association's Spring Fling in Flatwoods, West Virginia. WMAHEC's medical librarian presented National Library of Medicine products and services to nineteen public librarians.

The librarian also met with WMAHEC's health professional caucuses to assess their health information access training needs in preparation for planning their training sessions to be held in FY 2011.

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



Visit MedlinePlus at www.nlm.nih.gov/medlineplus.gov for reliable health information.

Community Network Program (CNP)

WMAHEC is the Northwest Maryland Community Maryland partner for the University of Maryland School of Medicine's Maryland Regional Community Network Program. The mission of the program is to reduce and eliminate cancer health disparities for Maryland's urban and rural underserved communities through an intensive and integrated program of community-based participatory research, evidence-based culturally appropriate community outreach, and training that fosters discovery intervention, development, and delivery in community settings.

In 2010, WMAHEC's regional focus remained oral cancer education. Through presentations in high schools and health fairs, continuing medical education, continuing education, and community education programs, WMAHEC provided oral cancer education to 3,122 students, members of the community and health professionals. Other oral cancer education events reached 272 community members. Funding for this project is made possible by grant number 5U01CA114650 from the National Cancer Institute.

STEM Project Science, Technology, Engineering and Mathematics

Allegheny County Public Schools (ACPS) contracted with WMAHEC for a third year of coordinating the activities of their Maryland State Department of Education STEM grant. The project serves K-12 students, their parents, school counselors, teachers, and principals and is designed to raise awareness, increase exposure to, and better prepare students for the pursuit of STEM careers.

In the 2009-2010 school year, STEM projects reached more than 1800 students. Thirty-seven students participated in one-on-one job shadowing experiences with professionals, hundreds learned from a STEM professional who visited their classroom or school, and several hundred who visited their a field trip to a STEM site to watch professionals in action. A highlight of this programming year was the completion of a Mobile Solar House. This project was spearheaded by an ACPS teacher, involved many ACPS students in the design and construction, and will travel to all of the county schools to serve as a teaching model.



Forensic Nurse Examiner Deb Wolford teaches students about collecting forensic evidence, using some of the tools of the trade.

FY10 Financial Highlights

Income*

Maryland Statewide Medical Education and Training System Services (MSMETS)	324,000
Subrecipient Agreement with the University of Maryland, Baltimore	
State of Maryland Department of Health and Mental Hygiene (DHMH)	93,010
Subrecipient Agreement with the University of Maryland, Baltimore	
Model AHEC Funding	54,652
HRSA, Subrecipient Agreement with the University of Maryland, Baltimore	
Geriatric Assessment Interdisciplinary Team Project (GAI)	48,030
Subrecipient Agreement with the University of Maryland, Baltimore	
Geriatrics and Gerontology Education and Research Program (GGEAR)	28,025
Subrecipient Agreement with the University of Maryland, Baltimore	
National Network of Libraries of Medicine	20,000
Subrecipient Agreement with the University of Maryland, Baltimore	
Oral Health Outreach	19,239
Contract with Allegany Health Right, Inc.	
STEM	32,543
Contract with Allegany County Public Schools	
Western Maryland Health Information and Resource Network	21,950
Service Agreements with Area Hospitals	
The Maryland Regional Community Network Program to Eliminate Cancer	26,000
National Cancer Institute, Subaward Agreement with the University of Maryland, Baltimore	
H1N1 Outreach	19,838
DHMH, Office of Minority health and Health Disparities through the CDC	
Maryland Asthma Control Program	20,000
DHMH Maryland Telehome Care Network	40,000
Subrecipient Agreement with the University of Maryland, Baltimore	
Bioethics Research Infrastructure Initiative	48,213
Subrecipient Agreement with the University of Maryland, Baltimore	
Total	795,500

Line Item Expenditures*

Personnel	481,745
Contractual Services	57,171
Insurance	5,946
Communications	11,189
Printing and Supplies	46,498
Equipment and Equipment Contracts	53,610
Office Space & Utilities	54,502
Travel	16,136
Direct Student Support	39,753
Learning Resources	28,950
Total	795,500

Expenditures by Functional Category*

Recruitment	524,205
Retention	76,055
Information	130,163
Advocacy	65,077
Total	795,500

