

2020-2021

Idaho Area Health Education Centers Annual Report

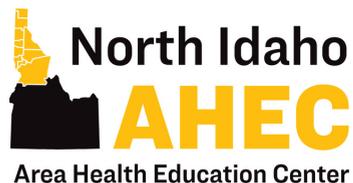
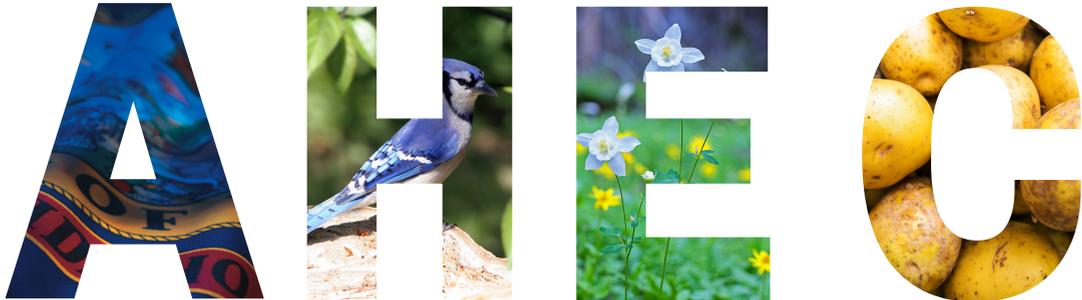


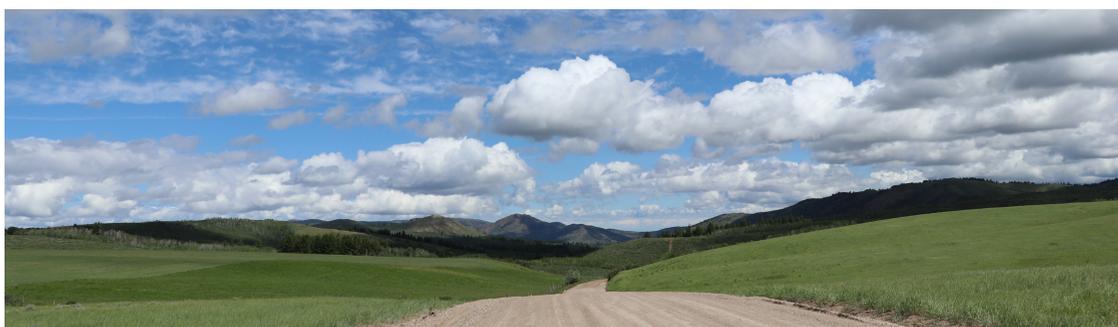
Table of Contents

A Message from the Centers	1
The Idaho AHEC Team	2
AHEC Overview	3
AHEC in Idaho	5
Idaho AHEC Pathways	7
AHEC Scholars Program	10
Community Based Training	13
Continuing Education	14
Partnerships	16
Champion Idaho	17
AHEC Advisory Boards	18
AHEC Partners	20



A Message from the Centers

There is no getting around it. The COVID-19 pandemic made 2020-2021 one of the most challenging years in the history of Idaho. Our healthcare workforce experienced unimaginable hardships - working in treacherous circumstances to save the lives of thousands and eking out, where possible, small consolations and hopes for brighter tomorrows. Our rural and underserved populations wrestled with newly forming health disparities while doing their best to protect their families and communities.



In this report, we provide examples of how we worked diligently in the past year to recruit and retain health professionals in the places they are needed most – with or without a raging pandemic. Our efforts started with pipeline programs that motivated high school students to become the next generation of health professionals. They continued through our AHEC Scholars program, which offered didactic and experiential opportunities to health professions college students from more than 17 disciplines. They moved on to continuing education offerings that instigated momentum and passion for existing health professionals.

We hope that our work reflects our gratitude and that it has, in some small way, offered inspiration, respite, and optimism. We look forward to the coming year, where we can continue to support Idaho’s public health and healthcare systems, champion our healthcare workforce, and support programs that bring about health equity.

Katrina Hoff

Diana Schow

Rylee O'Neill

Liz Bryant

The Idaho AHEC Team



Diana Schow, Ph.D., MHE, MA
Southeast Idaho AHEC Executive Director
Idaho State University Kasiska Division of Health
Sciences
Institute of Rural Health
dianaschow@isu.edu



Rylee O'Neill, MPA
Southeast AHEC Program Director
Idaho State University Kasiska
Division of Health Sciences
Institute of Rural Health
ryleeoneill@isu.edu



Katrina Hoff
Southwest Idaho AHEC Director
Jannus Inc.
khoff@jannus.org



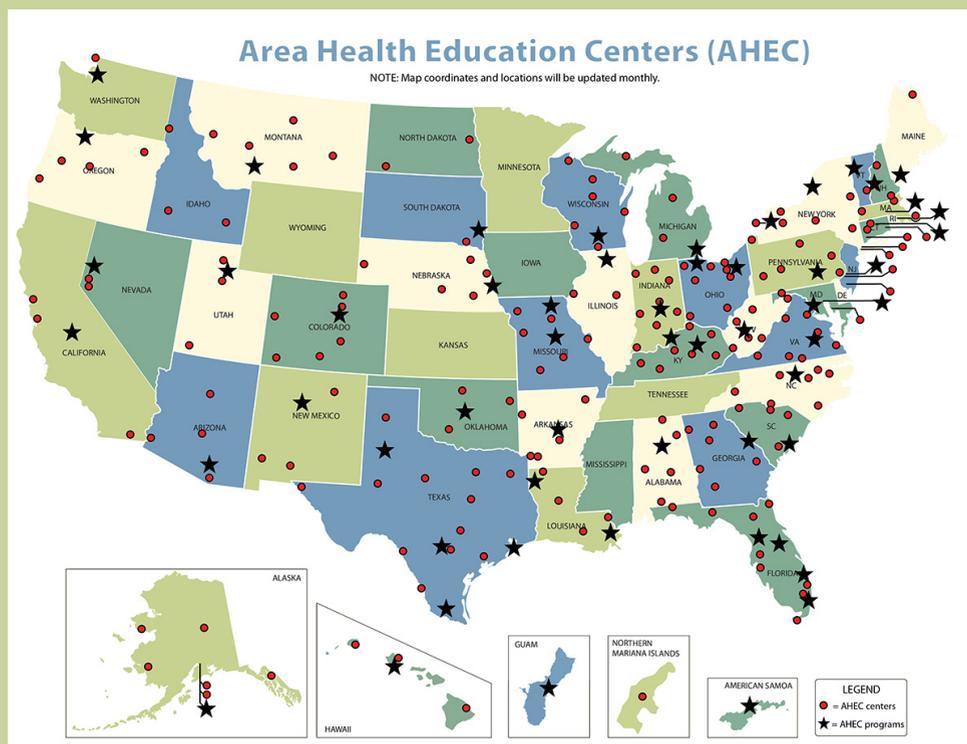
Liz Bryant, MS
North Idaho AHEC Director
University of Idaho
WWAMI Medical Education Program
Office of Underserved and Rural Medical Research
ebryant@uidaho.edu

AHEC Overview

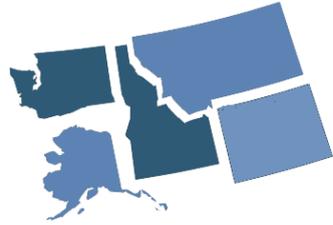
The AHEC (Area Health Education Center) program was developed by Congress in 1971 to recruit, train and retain a health professions workforce committed to serving underserved populations. The AHEC program helps bring the resources of academic medicine to address local community health needs. The strength of the AHEC Network is its ability to creatively adapt national initiatives to help address local and regional healthcare issues.

The purpose of the AHEC program is to meet the needs of the communities they serve through robust community-academic partnerships, with a focus on exposure, education, and training of the current and future health care workforce, such as the development of an AHEC Scholars program. AHECs have a continual focus on improving the health care system by working with academic institutions, health care settings (including CHCs), behavioral health practices, and community-based organizations. Through these longstanding partnerships, AHECs employ traditional and innovative approaches to develop and train a diverse health care workforce prepared to deliver culturally appropriate, high-quality, team-based care, with an emphasis on primary care for rural and underserved communities.

-National AHEC Organization, nationalahec.org



WWAMI AHEC



The WWAMI Area Health Education Center (AHEC) program, in the University of Washington School of Medicine's Office of Rural Programs, works to improve the diversity, distribution, and quality of the healthcare workforce in Washington, Wyoming, Alaska, Montana, and Idaho. The WWAMI program office oversees the Washington and Idaho AHEC centers. The AHECs have locally representative boards of directors or advisory committees, and each Program Office has a regionally representative Advisory Board.

-WWAMI AHEC Program Office, <https://depts.washington.edu/ahec/>



Southeast Idaho AHEC
Where students and health professionals thrive!



Eastern Washington Area
Health Education Center
Eastern Washington University

start something **big**



AHEC in Idaho



Southwest Idaho AHEC, formerly Idaho AHEC, has been enhancing Idaho's healthcare workforce and community health for 34 years. It is a program of Jannus, Inc., a multi-service non-profit organization located in Boise.

In September 2017, two new AHECs were established, greatly expanding AHEC's reach in Idaho and the West.

Southeast Idaho AHEC was developed in partnership with Idaho State University's Kasiska Division of Health Sciences and Institute of Rural Health.

North Idaho AHEC was developed in partnership with the University of Idaho's WWAMI Medical Education Program.

Idaho AHECs are affiliated with the University of Washington's WWAMI AHEC Program and are part of a nationwide system created to improve the distribution, diversity, and supply of the primary healthcare workforce, especially in rural and underserved areas.



**Idaho State
University**

**Institute of
Rural Health**



JANNUS

CHANGING LIVES



University of Idaho

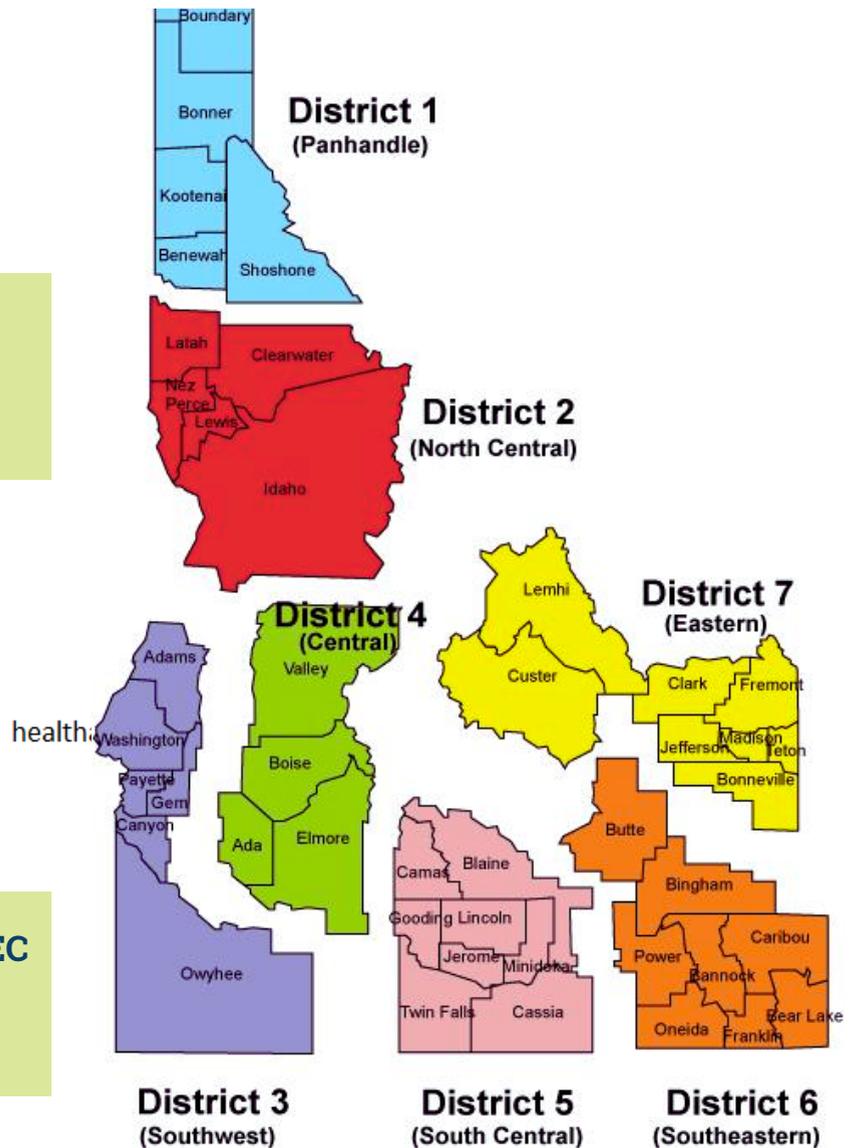
WWAMI Medical Education

Idaho AHEC Service Areas Align with Idaho's Public Health Districts

North Idaho AHEC
10 counties
Districts 1 and 2

Southwest Idaho AHEC
10 counties
Districts 3 and 4

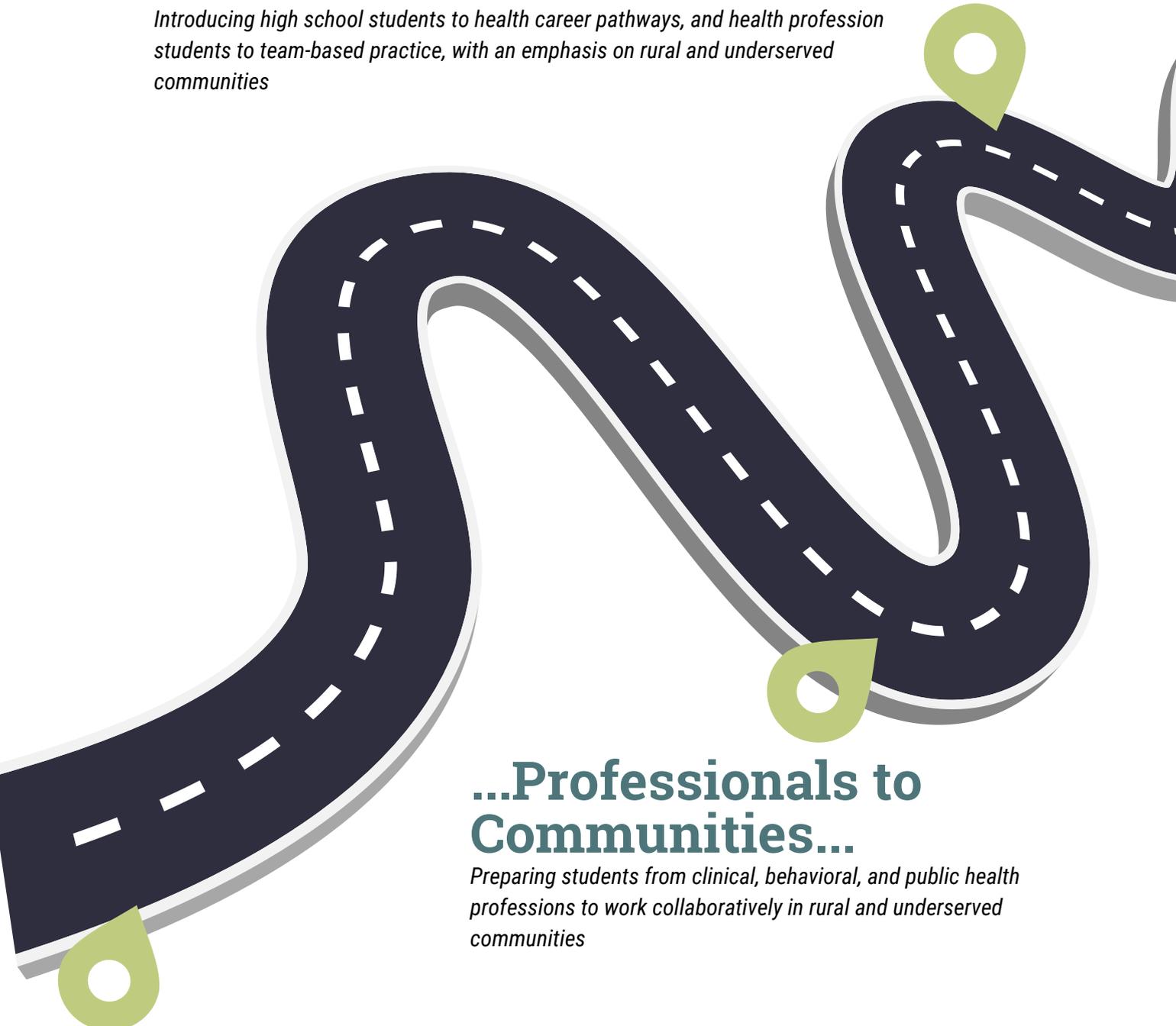
Southeast Idaho AHEC
24 counties
Districts 5, 6, and 7



Idaho AHECs Support a Pathway to a Strong Health Workforce

Connecting Students to Careers...

Introducing high school students to health career pathways, and health profession students to team-based practice, with an emphasis on rural and underserved communities



...Professionals to Communities...

Preparing students from clinical, behavioral, and public health professions to work collaboratively in rural and underserved communities

...And Communities to Better Health

Delivering relevant continuing education opportunities, fostering strategic partnerships, and supporting health workforce initiatives

High School Outreach

Through creative collaborations and partnerships with schools, clinics, hospitals, and other community stakeholders, Idaho AHECs deliver programs to build the interest, excitement, knowledge, and confidence to pursue careers in health care.

ORIENTATION TO HEALTH CAREERS

SW ID AHEC, St. Luke's and Mountain Home High School partnered to deliver a week-long program of health career pathway resources, health professional presentations, and a hands-on medical activity.

UPWARD BOUND SATURDAY SEMINAR

SE ID AHEC offered a virtual "Saturday Seminar." Students from rural and underserved communities learned about health careers and educational pathways in Idaho.

87

Students Reached

SCRUBS CAMP - N ID AHEC

In partnership with **Upward Bound at U of I**, **N ID AHEC** hosted a virtual Scrubs Camp where participants learned about health career pathways through interactive presentations led by an Intensive Care Unit RN.

SCRUBS CAMP - SE ID AHEC

TRIO Upward Bound students at ISU attended a virtual Scrubs Camp filled with fun demonstrations, like compounding chapstick, with a pharmacist, an RN, and a public health professional.



Health Profession Students

Southeast Idaho AHEC & the Interprofessional Health Disciplines Student Association presented a virtual screening of the movie *Cured*, a film that chronicles the strategy and tactics that led to a crucial turning point in the movement for LGBTQ rights. A Q&A session led by Dr. Saul Levin of the American Psychiatric Association followed. Attendees included ISU students of all levels, providers, and WWAMI AHEC Scholars.



North Idaho AHEC coordinated professional development activities for pre-med students, including the *2021 Inland Northwest Pre-Med Summit*, a virtual conference for undergraduate students and HS seniors, featuring five regional medical schools and the *Idaho Pre-Med Mentoring Program*, a near-peer mentoring program with a focus on supporting Idaho pre-med students from underrepresented and/or disadvantaged backgrounds.

408 Students Trained

North Idaho AHEC's *Vaccination as a Team Sport* virtual training by Dr. Carolyn Bridges of the Governor's Coronavirus Working Group, and in-person *COVID-19 Vaccination Training*, helped prepare a multidisciplinary group of health profession students to support their communities through a team-based approach.

AHEC Scholars Program

The WWAMI AHEC Scholars Program is a nationally recognized, HRSA sponsored, interdisciplinary certificate program that prepares a diverse, culturally competent healthcare workforce to serve in rural and underserved areas.

In their two year program Scholars complete



Didactic Coursework (40 hours per year)

Coursework addresses the **six core topics**.



Service Learning (40 hours per year)

Clinical, experiential, or community service in an **interdisciplinary environment** in a rural or underserved community applies the six core topics.



Professional Development

Field trips, networking events, community projects, and specialized speakers offer more **learning opportunities** related to the six core topics.

AHEC SCHOLARS IS AN INTERDISCIPLINARY EXPERIENCE!



Nursing
Physician Assistant
MD/DO
Pharmacy
Behavioral Health
Dietetics
Public Health
Dental Hygiene
Occupational Therapy
Physical Therapy
Radiographic Science
Speech/Language Pathology
Respiratory Therapy
more...

AHEC Scholars Six Core Topics

1

INTERPROFESSIONAL EDUCATION

supports a coordinated, patient-centered model of health care that involves an understanding of the contributions of multiple health professionals.

2

BEHAVIORAL HEALTH INTEGRATION

promotes the development of integrated primary and behavioral health services to better address the needs of individuals with mental health and substances abuse conditions.

3

SOCIAL DETERMINANTS OF HEALTH

includes five key areas (determinants) of economic stability, education, social and community context, health and health care, neighborhoods and built environments, and their impact on health.

4

CULTURAL COMPETENCY

seeks to improve individual health and build healthy communities by training health care providers to recognize and address the unique culture, language and health literacy of diverse consumers and communities.

5

PRACTICE TRANSFORMATION

aims to support quality improvement and patient-centered care through goal-setting, leadership, facilitation, workflow advancements, measuring outcomes, adapting organizational tools and processes to support team-based models of care delivery.

6

CURRENT & EMERGING HEALTH ISSUES

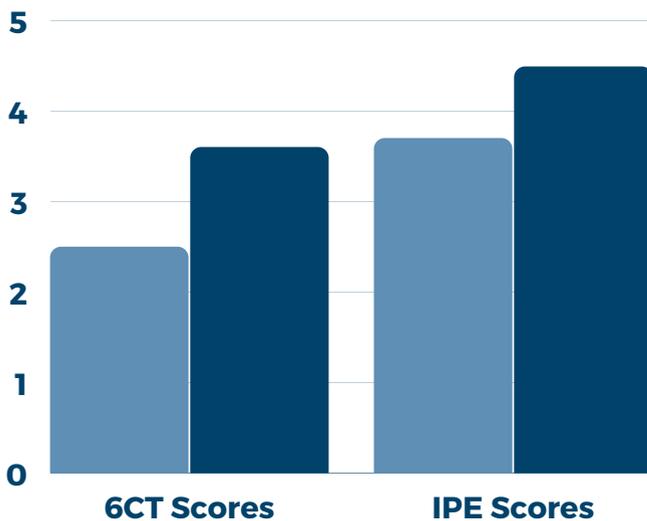
supports an understanding of and appropriate response to issues that affect specific geographic or demographic populations, such as COVID-19, opioid abuse, adverse and geographically relevant health issues.

AHEC Scholar Evaluations

Here we present findings from Idaho AHEC Scholar 2020-2021 applications, pre-post tests, and service learning.

Success with Six!

After completion of didactic coursework, Scholars reported an increase in knowledge about the six core topics (6CT) and interprofessional (IPE) collaboration



All measures are statistically significant at $p < .05$ pre- and post- curriculum completion

88

Idaho AHEC Scholars were trained During 2020-2021

\$38,000

In Stipends Awarded to Idaho AHEC Scholars

SERVICE-LEARNING EXPERIENCES

*"I left for Spring Break and returned to a world of Covid Chaos. As a medical student, I felt the need to help in any possible capacity. While being in a clinical setting was unsafe, I sought to be involved with my community... I was exposed to our hospital team as they developed surge protocol and was enlightened to the vulnerability of our limited capacity. In addition, I collaborated on a community project to pool resources and organize volunteers in a safe way to help support the needs and mental health of [my county] during this strange time."
(North Idaho AHEC Scholar)"*

WHERE SCHOLARS PLAN TO WORK

79%

Medically Underserved Community

45%

Primary Care

52%

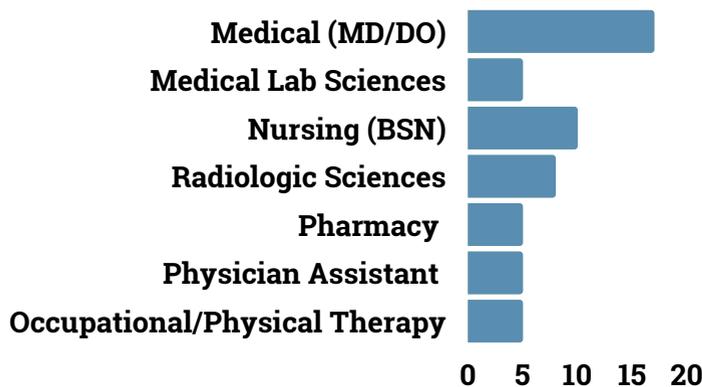
Rural Community

Rural and Underserved Community-Based Training

Idaho AHECs support community-based experiential training in rural and underserved areas through field placements and clinical rotations for health professions students.*



Disciplines of Students Supported



53
health professions students supported with stipends in Summer 2021

\$40,585
awarded in participant support for travel, housing and other needs

*"I think that you get to have a broader scope of practice ... in a rural setting. My impression is that you can also find your niche and set a lifestyle fitting to you in rural medicine."
(Idaho WWAMI Medical Student)*

*Data represents North Idaho AHEC's support of the Idaho WWAMI Rural Underserved Opportunities Program (RUOP), Southwest Idaho AHEC's Rural Student Support Program and Southeast Idaho AHEC's nursing clinical rotation support.

Continuing Education

2020-2021 Came with Great Strides!

Idaho AHECs meet education and training needs of our state's healthcare workforce, especially those living and working in frontier, rural, and/or urban-underserved communities.

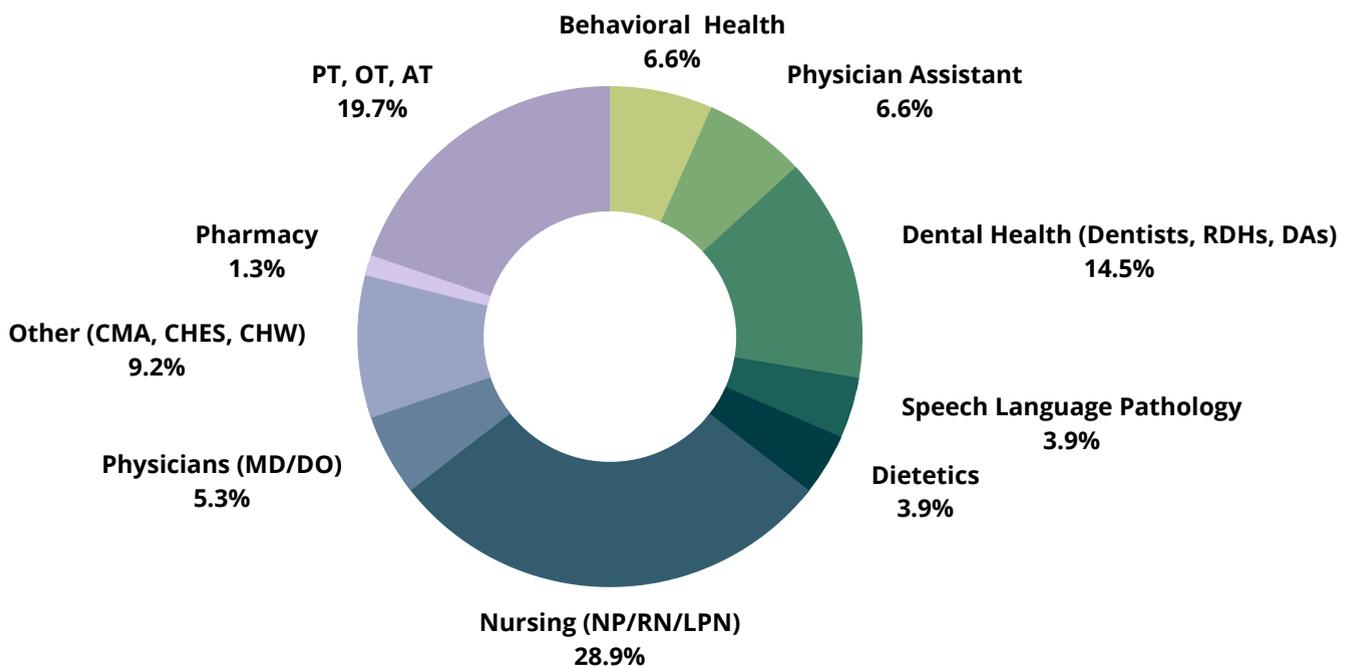


"...learned how **important oral health is** for overall health in patients."
(participant, Integrating Oral Health)



"Cadaver lab was **hugely useful...**
loved that there [were] **multidisciplinary attendees...**"
(participant, Advanced Foot & Ankle Course)

Health Disciplines that Benefitted from Idaho AHEC Continuing Education Opportunities



Continuing Education Offerings (2020-2021)

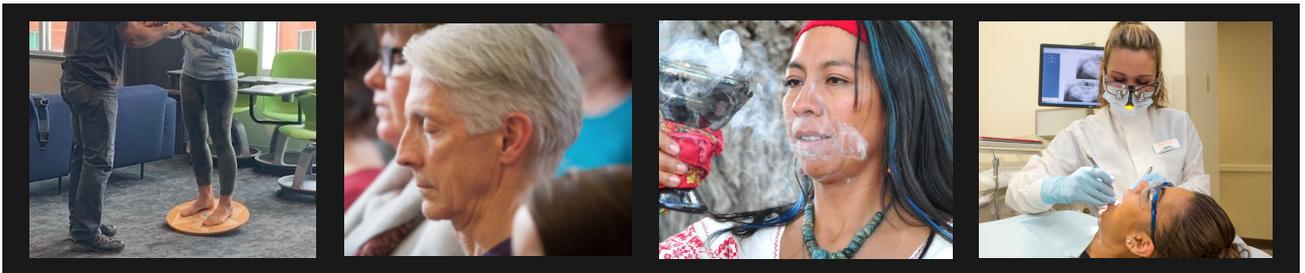
Healing the Healer:

Addressing the Biological Underpinnings of Chronic Stress through Mind-Body Medicine

This two-part series provided **twenty-nine (29) attendees** strategies to heal their mind, body, spirit, and community through increased awareness of the effects of chronic stress on the body, skills to combat the strain of providing care during times of crisis, and knowledge of how to incorporate mind-body medicine into patient appointments.

Integrating Oral Health Care Into Medical Practice

This training provided **twenty-nine (29) attendees** a unique opportunity to develop their knowledge of the history and practice of prevention in dental care, the relationship between oral health and overall health (including behavioral health), applying oral health risk assessment protocol in practice and integrating basic oral health practices into existing medical practices.



Advanced Foot & Ankle Course

During this three-day interprofessional seminar, **fifteen (15) attendees** learned advanced management strategies for diagnosing and evaluating common foot and ankle pathologies, orthotic management and footwear, manual therapy techniques, and therapeutic exercise.

Speak My Culture

This training provided **thirty (30) participants** evidence-based tools to understand Latinx cultural values, use of traditional healers and medicines, beliefs, and practices associated with healthcare.

Our CE offerings provide Continuing Education credits for participants, including* AMA PRA Category 1 Credit™, ACCME, ACPE, and ANCC. Participants may also directly apply for CE credits through their professional licensing bodies.

*Accreditation status varies by Center

We Thrive on Partnership!

Idaho AHECs build lasting partnerships with local, regional, statewide, and national organizations.

Pipeline Events

We collaborated on high school outreach with partners such as the **Idaho Department of Health and Welfare, TRIO/Upward Bound, and St. Luke's.**

AHEC Scholars

AHEC Scholars Completed Community/Experiential/Clinical Training Hours at **78 Idaho Locations.**



Scholars Attending Southwest Idaho AHEC's Interprofessional Conference on Opioid Education

Continuing Education

Idaho AHECs partnered to deliver quality training for health professionals with the **Idaho Oral Health Alliance, University of Idaho WWAMI Office of Continuing Education, Idaho State University College of Pharmacy and others.**

Community-based Training

Our many rural and underserved training sites include **community health centers, critical access hospitals, and rural health centers across Idaho.**



Idaho has incredible opportunities for students and health professionals to learn, grow and recommit to their passion!

*"I was able to interact with patients and get a better sense of the types of issues that [they] were dealing with and the process for billing at a free clinic. I was able to work with an RN and a dental hygienist in addition to several support staff members while at the clinic."
(Southwest Idaho AHEC Scholar)"*

In the Coming Year Idaho AHECs Commit to:

- 1 — Expanding:**
We will apply for an Idaho Program Office to be housed at the School of Nursing at Idaho State University.
- 2 — Connecting:**
We will develop new and strengthen existing partnerships to better serve the state.
- 3 — Learning:**
We will conduct research and evaluation to ensure our programs meet workforce needs and address emergent issues in rural and underserved communities.



IDAHO AHEC ADVISORY BOARDS

All AHECs are required by statute to convene Advisory Boards to provide guidance and regular feedback to the Center Directors about goals, activities, and operations at least three times a year. This group represents health profession, academic programs, public health, state entities, scholars, and other community stakeholders.

We know it takes a village, and we are oh so grateful to our Advisory Board members for their collective years of voluntary service!

SOUTHWEST IDAHO AHEC

Angie Bailey, RDH-EA, MSDH, Vice Chair, Idaho Department of Health & Welfare
Gina Pannell, Member, Central District Health
Gus Koch, Member, Medical Student, University of Washington
Laura Alvarez, LPC, Member, Mental Health Therapist
Lutana Haan, EdD, RRT, Member, Boise State University
Mary Barinaga, MD, Chair, University of Washington
Mary Sheridan, RN, MBA, Member, Idaho Department of Health & Welfare
Megan Fessenden, Member, Medical Student, Idaho College of Osteopathic Medicine
Patricia Z Marincic, PhD, RDN, CLE, Member, Idaho State University - Meridian
Robin Donovan, Member, Idaho Primary Care Association
Stephanie Mai, Member, Idaho Career & Technical Education
Suzanne Allen, M.D., Member, University of Washington
Ted Epperly, MD, Member, Family Medicine Residency of Idaho

NORTH IDAHO AHEC

Kayla Sprenger, MHA, Board Chair, Public Health - Idaho North Central District
Cody Wilkinson, MHA, Member, Clearwater Valley Health and St. Mary's Health
Helen Brown, RD, MPH, Member, University of Idaho
Dr. Jacob Hornby, PhD, Member, Lewis-Clark State College
Dr. Jonathan Shupe, MD, Member, Kootenai Family Medicine Coeur d' Alene Residency
Dr. Joyce Lyons, PhD, Member, Rural Crisis Response Project, Region 2
Julie Stafford, Member, Moscow High School
Rhegan McGregor, MS2, Member, University of Washington School of Medicine
Dr. Rula Awwad-Rafferty, PhD, Member, University of Idaho

IDAHO AHEC ADVISORY BOARDS



Jesse Tellez, Southeast Idaho AHEC Advisory Board Member
and AHEC Scholars Ben Reeves and Darcey Carr

SOUTHEAST IDAHO AHEC

Aaron Houston, Chair, Family Health Services

Arnold Cantu, Vice-Chair, Community Family Clinic

Dr. Chris Owens, PharmD, MPH, Idaho State University Kasiska Division of Health Sciences

Dr. Frank Batcha, Jr., MD, Idaho WWAMI

Jesse Tellez, NP, Shoshone Bannock Community Health Center

Dr. John McCarthy, MD, University of Washington School of Medicine Office of Rural Programs

John Williams, Nell J. Redfield Memorial Hospital

Lachelle Smith, ECHO Idaho

Maggie Mann, Southeastern Idaho Public Health

Maya Tillotson, Idaho State University, Masters of Health Care Administration

Michael Blauer, Bear Lake Memorial Hospital

Robert Chambers, Butte Middle/High School

Stephanie Roberts, PA-C, Shoshone Family Medical Center

Dr. Karen Neil, Ph.D., RN, Idaho State University, Kasiska Division of Health Sciences

Brad Huerta, Lost River Medical Center

Stacey Morrison, University of Washington School of Medicine Office of Rural Programs

Idaho AHEC Partners

We would like to express our sincere, heartfelt gratitude to our many academic, state, regional, and national partners. We could not do this important work without each and every one of you!



Want to learn more about our programs and/or explore potential partnerships?
We would love to hear from you!

N ID AHEC
Liz Bryant
ebryant@uidaho.edu

SE ID AHEC
Diana Schow
dianaschow@isu.edu
Rylee O'Neill
ryleeoneill@isu.edu

SW ID AHEC
Katrina Hoff
khoff@jannus.org

We want to offer a special thanks to Dr. Diana Schow for her original Idaho photographs and Dr. Elizabeth Fore for providing the statistical analysis referenced in this report.

This project is/was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number U77HP03022, for the WWAMI Area Health Education (WWAMI AHEC) Program Office and its five regional Centers in the total amount of \$740,000 for the 2021-2022 fiscal year (with a 1:1 total match of \$740,000 from non-federally funded governmental sources). This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.