



# Champlain Valley Area Health Education Center

*Serving the counties of Addison,  
Chittenden, Franklin and Grand Isle*

## Annual Report



*Putting People Into Public Health*



2004-2005

# December 2005

Dear Friends,

It is with great excitement and a sense of renewal that I write to you. Our annual report provides us with a wonderful opportunity to reflect on the work the Champlain Valley Area Health Education Center (CVAHEC) has accomplished and all the changes we have made during this past year.

As you know, we have experienced several staff transitions. Rob Trachtenberg left CVAHEC for a position in Rhode Island. Jenney Samuelson found a new job at the Vermont Department of Health. And just as our fiscal year came to an end, Glenda Paradee decided to leave CVAHEC after 8 years of dedicated service. As sad as it is to say goodbye, we see these transitions as an opportunity to continue to strengthen our capacity to serve.

While awaiting news concerning the status of pending state funding, we decided to hold off on hiring a new program coordinator to replace Jenney. I am pleased to report that with FY '06 state funding secured, we can now fill this position and hope to do so during the first part of the new fiscal year. I want to thank everyone who advocated on our behalf with the State Legislature to help secure this new and critical funding source that will enable us to sustain a vital statewide AHEC network.

I joined CVAHEC as Executive Director in mid-July. Since then the staff and I have worked to streamline our school-based pipeline programs, a critical first step in a comprehensive strategic planning initiative. Our goal, as we move forward, is to recommit to pursuing work that serves great community need and is consistent with our mission to improve access to quality health care for the underserved populations of our four county region in northwestern Vermont.

Through all of the changes we have made and will continue to undertake, some things remain the same—CVAHEC's commitment to supporting local public health education and health access initiatives, enhancing the quality and supply of Vermont's health care workforce and providing support for health care professionals to best meet the needs of their clients.

Much of the work we do at CVAHEC is accomplished in partnership with other community providers and educators. We look forward to enhancing these relationships in the coming year.

Thank you for your ongoing interest and support.

Warmly,



Executive Director

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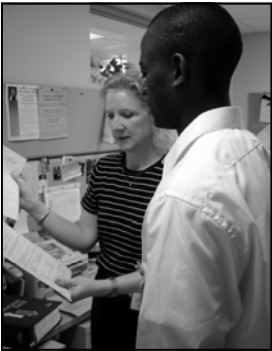
# Program Highlights

## Promoting Health Careers

### MedQuest/Advanced MedQuest

The MedQuest Health Careers Exploration Program ran from June 26 to July 1, 2005 with seventeen high school students participating. The Advanced MedQuest Program ran from July 10 to July 15, 2005 with fifteen students participating. Forty-one percent of the participating students were from disadvantaged or under-represented backgrounds. Danielle Williams, Noah Diminick, and Natasha Frederick, first year medical students from the University of Vermont College of Medicine, were the students that staffed the programs.

Eighty percent of past MedQuest participants have gone on to college. Of those, 75% are pursuing a degree in a health care field. Twenty percent of the MedQuest alumni surveyed did not respond.



Yetha Lumumba, MedQuest student, listens as Judy Nasca, RPh, explains what it's like to work as a pharmacist at Northwestern Medical Center.

Recently an alumni message board was established. Below are two unsolicited quotes that truly speak to why MedQuest is such a valuable program.

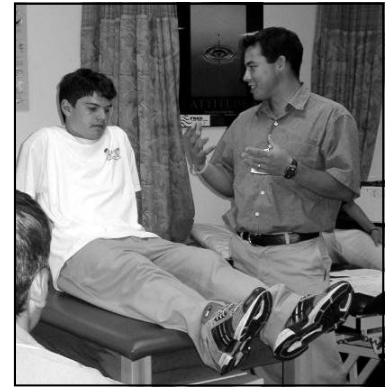
*"I attended MedQuest '02 and Advanced MedQuest '03. It was certainly a great experience that opened doors of opportunity. I was fortunate enough to watch an open heart surgery in the spring (while having it all explained to me by the surgeon) using connections I made at MedQuest the summer before. MedQuest also helped me tremendously in my search for worthy topics for college/scholarship application essays. I can't imagine a better experience, especially considering the affordable cost!"*

- Will Guthrie

*"I went to MedQuest and Advanced MedQuest and I absolutely love it. I am in college now, 2nd semester of nursing school and loving it. It is a TON of work, but we all know that it will be worth it soon! Clinical is the greatest and I have to say that attending both MedQuest camps put me at a HUGE advantage over a lot of the other entering students. I knew how to do vitals, talk with patients, communicate with other professionals, and even*

*had lots of experience under my belt that help me to take care of my patients in the hospital and nursing homes. Thanks!!"*

- Karen Dewey



Dan Cole, ATC discusses the Physical Therapy field with MedQuest students.

### Missisquoi Valley Health Careers Partnership (Adopt-A-School Grant)

CVAHEC was awarded \$42,652 to implement the Adopt A School curriculum in collaboration with Missisquoi Valley Union (MVU) Middle School, Northwestern Medical Center (NMC), Fletcher Allen Health Care (FAHC), and the University of Vermont's (UVM) College of Medicine and College of Nursing and Health Sciences. Nearly 100 seventh graders at MVU Middle School participated. The grant enabled CVAHEC and MVU to enhance an already existing partnership created five years ago to increase opportunities for science-based education in the classroom, the foundation for health careers competency. The grant provided the MVU "Firebird Team" with funding for field trips to both FAHC and to UVM. Every student received CPR training and certification. Each of the four "Firebird Team" classrooms also received laptop computers, printers, and a digital camera. In addition, health professionals from NMC, FAHC and UVM presented career information and health education workshops to participating MVU students.

The 2004-2005 Missisquoi Valley Health Careers Partnership project was completed in June, 2005. Post-evaluation data has been collected and analyzed. A final report will be submitted to Health Resources and Services Administration (HRSA) with recommendations about survey design adaptations to better capture the anecdotal evidence of program success and for curriculum adjustments to best meet program goals.



MVU students examine specimens with Pathology Resident, Allie Ciolino at the UVM Pathology Museum.

# Program Highlights

## Promoting Health Careers

### Health Careers Corps

CVAHEC, working with FAHC, once again hosted the Health Careers Corps during FY05. The program met every other week from mid-October through April. The clinical areas of exploration this year were pathology, emergency preparedness, and maternal fetal medicine. A medical student advisor provided support to the program throughout the year. The advisor assisted in mentoring the students, teaching clinical skills, and managing the logistics of the program.



Health Careers Corps students Cy Roberts (left) and Ethan Smith (right) learn about the pediatric exam.



Health Careers Corps students Kelsey Adams (left) and Kathleen Davies (right) participate in a mock Emergency Preparedness drill at FAHC.

### Shadow Days

- A campus shadow day was offered for MedQuest alumni. This gave the students an opportunity to experience university life—going to classes, exploring campus, and talking with currently enrolled students. In addition, CVAHEC has supported students by writing letters of recommendation for college entrance.
- CVAHEC, in collaboration with FAHC, hosted a one day shadowing experience for high school students. A similar program was conducted at Porter Hospital.

### High School Career Fairs

CVAHEC attended Addison County Career Fair, Franklin Region Career Expo, and career fairs at Champlain Valley Union, South Burlington High School, Essex High School and Burlington High School. Information on the Health Careers Corps, FAHC Shadow Days, and health career volunteer experiences were available to the approximately 1,000 students in attendance at each. Health Careers directories were also distributed to interested students.

## Supporting Healthcare Students

### Student Support

CVAHEC distributed information on student support to all social work, nursing and health science students. As a result of these efforts, computers were loaned to a preceptor, a bachelors of social work student, and a masters of social work student at Women's Safe in Addison County.

### Freeman Summer Projects

CVAHEC recruited and supported students for Summer Docs and Freeman Summer Inquiry. Completed summer projects include:

- Mary Ellen Cleary—Northwestern Medical Center's Cardiovascular Health Improvement Program (CHIP)
- Cassandra Covington—Special Kids Inspired Programs (SKIP)
- Lily Guillot—Rural Singers Knowledge of Vocal Health
- Elizabeth Hunt & Rachael Humphrey—Better Beginnings for Refugees

# Program Highlights

## Supporting Healthcare Students

### Vermont Recruitment Day

CVAHEC attended Vermont Recruitment Day. Information on CVAHEC, loan repayment, and pipeline programs were available to the diverse participants including medical students and residents, nursing students, and community members.

## Supporting Healthcare Professionals

### Library Support

- Community Health Center of Burlington (CHCB)—CVAHEC continues to provide one weekly morning visit to attend to any onsite library needs as well as providing virtual literature search and article delivery services to CHCB staff.
- Northwestern Medical Center (NMC)—At NMC, CVAHEC provided over 80 literature searches and over 600 articles delivered. CVAHEC continues to help NMC staff edit and rewrite patient education materials so that they fall within a 6-8th grade reading level range. The North Country Consortium of Libraries secured almost \$1,000 for the purchase of a scanner and Ariel software for document delivery to/from the NMC library. This enabled the library to electronically send and receive top quality PDF files of articles to staff as well as to other requesting libraries.
- CVAHEC attended a full-day training and networking session with the North Country Consortium of Libraries in July. Training focused on many recent Docline document delivery system updates and PubMed database updates (both from the National Library of Medicine).
- The Visiting Nurse Association (VNA) of Chittenden and Grand Isle Counties contracted with CVAHEC to provide initial library set up services and training of administrative staff on database searching, book/video collection development, and cataloging of the current VNA library. As part of this contract, CVAHEC offered two classes in June to VNA staff related to searching and evaluating online health information and searching the PubMed database.

### Loan Repayment

The CVAHEC Educational Loan Repayment committee awarded 17 Primary Care awards, for a total of \$70,000. This included 16 retention awards and one recruitment award.

### Preceptor/Provider Support

- CVAHEC taught a class to LNAs in Newport and Montpelier as part of the monthly Northeastern Vermont AHEC LNA Series. The topic was using the Internet for finding online health information. In attendance were a total of 14 participants from various parts of the state.
- CVAHEC attended the annual North Atlantic Health Science Libraries conference in Sebasco, Maine in October 2004. This conference included a continuing education course entitled "Evidence-based Medicine and the Medical Librarian."
- CVAHEC continues to conduct the "Lunch and Learn" training, Preparing for Emergencies in the Primary Care Setting, throughout its service area. Over 140 health care professionals have been trained since November 30, 2004 from 11 primary care practices and 2 practice management groups.

### Cultural Competency

- CVAHEC continues cultural competency focused work with Community Health Center of Burlington (CHCB) by supporting CHCB's on site library.

# Program Highlights

## Supporting Healthcare Professionals

- Susan Norton, the 2003-2004 AHEC Scholar, completed the Vermont Cultural Competency Resource Manual which contains key cultural competency articles, books, and other resources for distribution to area providers/agencies. Copies were distributed to area providers as well as to health and social service agencies including: the American Cancer Society; FAHC Community Health Improvement; Interpreter Task Force; Planned Parenthood—St. Albans, Middlebury, Williston; Vermont Dental Care (Dr. Chuck Seleen); Porter Hospital; Safe Harbor Clinic; area high schools; Visiting Nurse Association; Walk In Care Clinic; VT Department of Health—District Offices in St. Albans, Burlington, Middlebury and Barre; VT Department of Health—Refugee Health Program, HIV/AIDS Program, Minority Health, and Substance Abuse Prevention; all Vermont AHEC offices; Dr. Eleanor Capeless; Community Health Center Burlington; Community Health Center Dental Clinic; Winooski Family Health; University Pediatrics; UVM Physical Therapy Department; Hawk's Nest Senior Living Center in St. Albans, Parent to Parent of Vermont in Williston, the Vermont Interdisciplinary Leadership Education for Health Professionals Department at UVM and Howard Mental Health Services.
- CVAHEC attended the UVM Cultural Awareness Day where we had a booth and offered free cultural competency resources to interested providers.
- CVAHEC cultural competency efforts were highlighted in the Autumn/Winter 2004 edition of the NAO Bulletin. Laureen Loveland, from the UVM AHEC Program Office wrote the article, "Champlain Valley AHEC Establishes Cultural Competency Resource Center."
- CVAHEC attended the 5th Regional Conference on Rural Poverty and Social Change at the University of Massachusetts Amherst. Conference seminars included topics related to the refugee and immigrant experience and their health and language needs.
- CVAHEC continues to answer requests for information and resources on cultural competency.



CVAHEC Education Resource Coordinator Deb Eckert, MLS attends the UVM Cultural Awareness Day.

## Training & Meeting Coordination for the Vermont Department of Health HIV/AIDS Program

CVAHEC continues to provide training and meeting coordination for the Vermont Department of Health HIV/AIDS Program. Coordination includes logistical support in the areas of locating affordable facilities and catering, organizing audio/visual equipment, disseminating information to participants and faculty, processing invoices, mileage and other reimbursements, and assembling materials needed for training participants.

## Bio-Terrorism and Emergency Preparedness Planning and Training for the Vermont Department of Health

CVAHEC has partnered with the Vermont Department of Health, Northeastern Vermont AHEC and Southern Vermont AHEC to work towards ensuring that each primary care practice in Vermont is knowledgeable about local, regional, and state resources with regards to bioterrorism and other public health emergencies. The AHECs developed several emergency preparedness resources to be used by primary care practices, including an emergency preparedness procedures quick-reference guide (green book), emergency response plan template, and lunch and learn presentations on preparing the primary care practice for emergencies.

## Improving Access to Quality Health Care

### Primary Care Survey

CVAHEC created and distributed an annual Primary Care Survey with the aims of identifying the distribution of all primary care physicians, physician assistants, certified nurse midwives, and nurse practitioners in the disciplines of family practice, internal medicine, obstetrics and gynecology, pediatrics and psychiatry in Addison, Chittenden, Franklin and Grand Isle Counties.

# Program Highlights

## Improving Access to Quality Health Care

### Cultural Competency

CVAHEC partnered on a grant with the VT Department of Health Refugee Health Program related to developing preventative health and chronic condition education pieces in English, Bosnian, French, Vietnamese and Russian. Items have been developed and include information on cancer, diabetes, nutrition, exercise, heart disease, infectious disease, and immunization. Some information is available in a video format for non-literate populations.

### Wellness Programs

CVAHEC continues to participate in the Fit Family Coalition of Franklin/Grand Isle Counties and plans to seek other opportunities for involvement in wellness initiatives in the Champlain Valley.

# Financial Summaries September 2004 through August 2005

## Income Summary

### *UVM College of Medicine*

Community Hospitals	\$ 37,500	7%
Educational Loan Repayment	\$ 81,000	15%
Fletcher Allen Health Care	\$ 65,000	12%
Freeman Foundation	\$ 50,000	9%
HRSA	\$ 64,907	12%
HRSA Adopt-A-School	\$ 42,652	8%
Medicaid Match Carryover	\$ 53,414	10%

### *Vermont Department of Health*

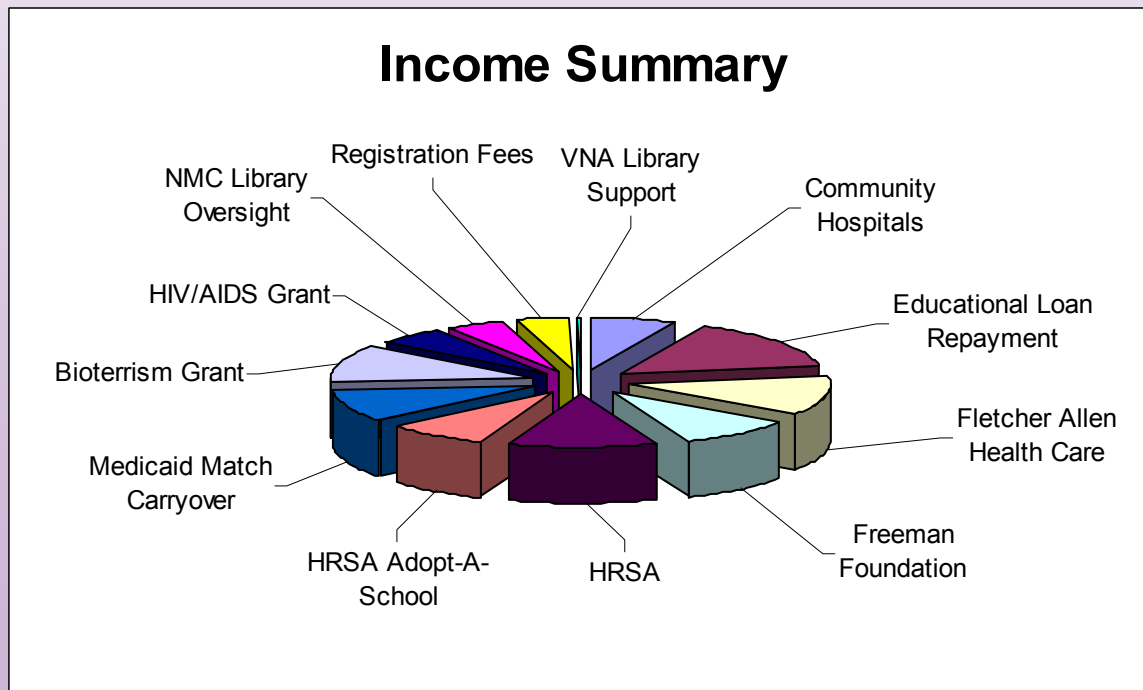
Bioterrorism Grant	\$ 60,000	11%
HIV/AIDS Grant	\$ 30,000	6%

### *Community Services*

NMC Resource Library Oversight	\$ 25,737	5%
VNA Resource Library Oversight	\$ 1,439	<1%

*Registration Fees* \$ 21,824 4%

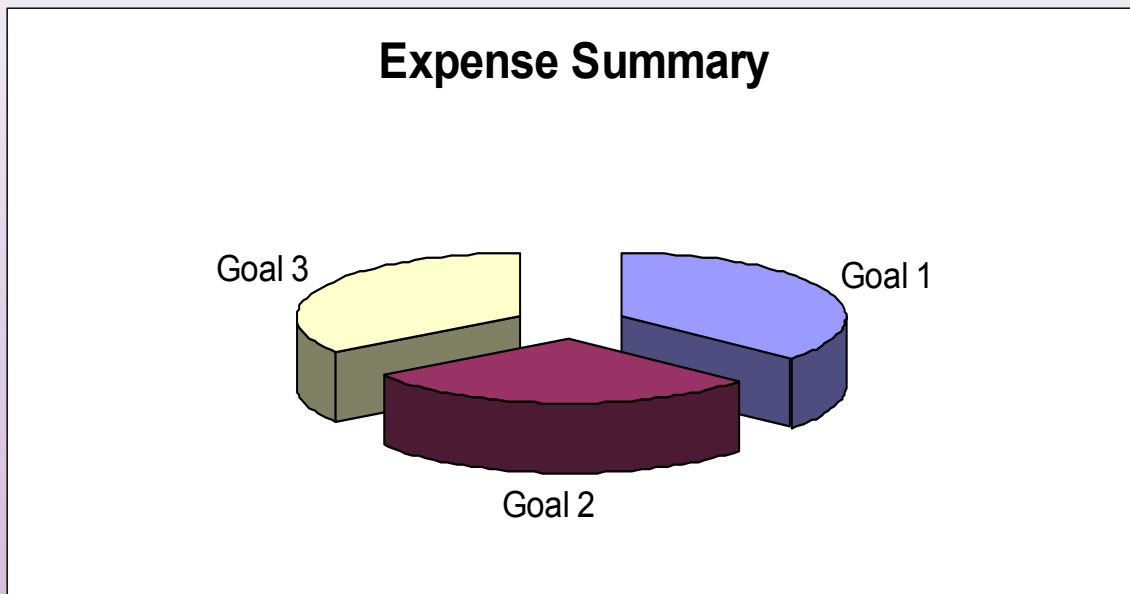
*Total* \$533,473



# Financial Summaries September 2004 through August 2005

## Expense Summary

<i>Goal 1</i>	Promote an appropriate and adequate healthcare workforce in Vermont	\$193,971	36%
<i>Goal 2</i>	Bring quality improvement programming to local healthcare practitioners	\$155,483	29%
<i>Goal 3</i>	Sustain and enhance a statewide infrastructure that improves access to quality healthcare for all Vermonters	\$184,019	35%
	Total	\$533,473	



# Thank You

## Thank You to the Following Organizations and Individuals for Their Support in 2004-2005

Susan Anderson, PA-C

Hrayr Attarian, MD

Joyce Barmore, DDS

Meghan Barnes

Anne Bazilwich, DVM

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Michael Benoit, MD

Nancy Berg, NP

Peter Bingham, MD

Katie Bird, NP

Maryse Biron

Michael Bissonette, RRT

Deborah Black, MD

Edward Borazzo, MD

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Renee Breault, ATC

Candice Bullock, RNC

Maureen Burdett, MD

Jan Cambell, RN

Michelle Carner, RRT

Julie Carter, RN

William Clark

Daniel Cole, ATC

Monique Corcoran

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Pamela Gibson, MD

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Dawn Godaire, RN

Jessica Gray, RN

Carol Green, NP

Marc Greenblatt, MD



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Joseph Nasca, MD

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Christa Zehle, MD

Jill Zhou, PT

Heidi Zvolensky, MD

Fletcher Allen Health Care

Neurology Department

Fletcher Allen Health Care Sports

& Orthopaedic Rehabilitation

Franklin County Home Health Agency

MedPhoto

Milton Family Practice

Mousetrap Pediatrics

Northwestern Medical Center

Diagnostic Imaging

Emergency Medicine

Intensive Care Unit

Laboratory

Nursing Critical Care

Pharmacy

Physical Therapy

Radiography

Rehab

Respiratory Therapy

Surgical Services

RehabGYM, Maple Tree Place

University of Vermont Rescue

Visiting Nurse Association

