



Special points of interest:

- CVAHEC Distributes \$174,500 for Primary and Specialty Care Loan Repayment
- Promoting Health Careers Among Vermont Students
- Smoking Cessation and Prevention Practices Survey Completed
- MedQuest 2002 Health Careers Exploration Camp

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CHAMPLAIN VALLEY AREA HEALTH EDUCATION CENTER

CVAHEC News

A Word from Our Executive Director

Greetings!

Welcome to the first edition of the Champlain Valley Area Health Education Center's (CVAHEC's) quarterly newsletter! I am pleased to share the valuable work and important role CVAHEC plays in building the infrastructure designed to improve access to quality healthcare for residents of Vermont's Champlain Valley.

Highlighted within these pages are the wide-ranging and diverse programs and types of support we provide for the Champlain Valley. CVAHEC is committed to evaluating the meaning of healthcare access, serving the community with quality initiatives and learning for healthcare professionals so they have the resources to stay current, and supporting health professions students in their pursuit for training and hands-on experience. Clearly, our work is broad, has great community and state impact, and is essential to the long-term health of the Champlain Valley.

Please take the time to read this newsletter thoroughly. My hope is that you come away with a better understanding of CVAHEC's community impact and an appreciation of the system that CVAHEC is building to improve healthcare access services for all in the Champlain Valley.



Robert Trachtenberg, CVAHEC Executive Director

Vermont State Legislature, Freeman Foundation and CVAHEC Support Vermont Loan Repayment Program for Primary Care Providers

For the past five years, Vermont's legislature has demonstrated its commitment to the recruitment and retention of health care practitioners in underserved areas of the state through the Vermont Primary Care Loan Repayment Program. Administered by the Vermont Department of Health in collaboration with the AHEC Program, this loan repayment program awards up to \$20,000 per year with the inclusion of local or employer matches.

This year the Vermont Legislature approved \$70,000 to be distributed to qualifying providers by CVAHEC (out of \$250,000 statewide). Qualifying providers include primary care physicians, nurse practitioners, physician assistants, certified nurse midwives, psychiatrists and psychiatric nurses. The \$70,000 will be given as nine awards—five awards of \$10,000 each and four awards of \$5,000 each to providers in our service area of Addison, Chittenden, Franklin and Grand Isle counties.

In addition, CVAHEC is distributing an additional 12 awards from the Freeman Foundation totaling \$104,500. To qualify for a Freeman Foundation award, you must be a medical doctor in either primary or specialty care.

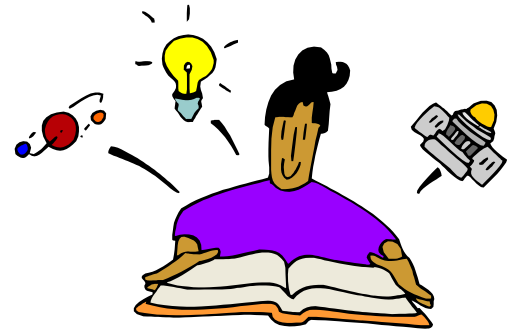
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Promoting Health Careers Among Vermont Students

"We have partnered with the UVM Dept. of Family Practice and the Community Health Center to provide a medical resident to visit ... schools and discuss the decision to become a physician."

CVAHEC is working to create a comprehensive health careers promotion program that reaches the full age-range of learners from primary school through adults. Currently, we are working to identify grants and programs that could be used to establish an after school, weekend, or summer camp science program for students in early grades (pre-K— 6th grade). In addition, we are developing a list of professionals in Addison, Chittenden, Franklin and Grand Isle counties who are willing to provide classroom presentations, hospital tours, campus visits, shadowing, internships, and more. If you are a health professional and would be willing to become a volunteer, please contact Jenney Samuelson at CVAHEC at (802) 527-1474.



UVM medical resident John Cook converses with Westford Elementary School students.

We are also partnering with the UVM Department of Family Practice and the Community Health Center to provide a medical resident to visit local schools and discuss the decision to become a physician. Thus far, a medical resident has given presentations at Missisquoi Valley Union and Westford Elementary School. Additional presentations are scheduled for February at Edmunds Middle School and at Winooski Middle School in April.

In addition to the medical resident program, Jenney Samuelson from CVAHEC also does classroom presentations discussing a broad overview of health careers. Most recently, she has presented at Fairfield Center School, North Hero Elementary, Hannaford Career Center and VT Adult Learning in Middlebury.

CVAHEC hopes that by promoting health careers and science-based learning for students now, we will develop talented physicians, nurses, midwives, dentists and other health professionals to serve our local populations in the future.

Smoking Cessation and Prevention Practices Survey Completed

"The information obtained from this survey will be used to develop training programs that will help primary and specialty care physicians...assist patients looking to stop smoking."



In May 2001, CVAHEC commissioned the UVM College of Medicine Biometry Facility to conduct a mail survey of approximately 400 health care providers in Addison, Chittenden, Franklin and Grand Isle counties. The objective of this survey was to determine the level of knowledge, practice patterns and views relating to the implementation of smoking cessation and prevention activities in their practice settings. The results from this survey are now in, and CVAHEC will be presenting the conclusions at a presentation this March (date and location to be announced).

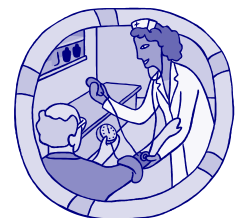
The information obtained from this survey will be used to develop training programs that will help primary and specialty care physicians as well as nurse practitioners, physician assistants, and other healthcare staff to assist patients looking to stop smoking. Once this education program is in place, we will contact hospitals and practices to set up training dates specifically tailored to their individual needs. In addition, a variety of optional trainings are being developed and we are creating a tool kit of easy-to-use materials for providers.

Upcoming Nursing Grand Rounds

Tuesday, March 19, 2:15—3:45 p.m. "*HPV and Teens*," Ellen Riley, CT (ASCP) (IAC), Senior Cytotechnologist, Cytopathology Department, Fletcher Allen Health Care; Dr. Barbara Frankowski, Associate Professor of Pediatrics, UVM College of Medicine; Dr. Elisabeth Wegner, Assistant Professor of Obstetrics and Gynecology, UVM College of Medicine

Tuesday, May 7, 2:15—3:45 p.m. "*Dental Health*," Presenters TBA

For further information, contact the Champlain Valley AHEC at (802) 524-1474.



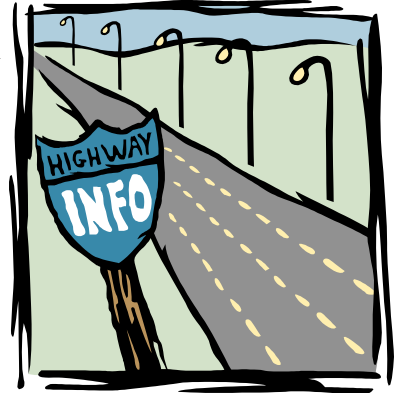
Sex Ed...Revisited Website Created with Support of CVAHEC and the Freeman Foundation

"Sex Ed...Revisited is an Internet website which focuses on the sexual health of young men in the greater Burlington area."

Sex Ed...Revisited is an Internet website which focuses on the sexual health of young men in the greater Burlington area. The site was created by 1st year UVM medical student Jeff Alpert and made possible by the assistance and support of the Freeman Foundation and the Champlain Valley AHEC. The initial goal of the project, which was undertaken in cooperation with Outright Vermont, was to discover new and more effective ways to distribute up-to-date, current information regarding the sexual health concerns of young men, particularly men who have sex with men (MSM). The information presented on this site is applicable to all young men who are sexually active, regardless of sexual orientation, but focuses on activities and situations that are more commonly encountered by MSM groups.

By presenting this information through a website, it provides an anonymous and relatively safe area for young people to ask questions and to find answers when they feel they have no one else to talk to about their feelings. The website has been designed in three sections. The first and largest component of the site is devoted to sexual health, namely sexually transmitted diseases and infections. There is information for approximately ten medical conditions, which outline symptoms, treatments, and methods of transmission and prevention. Diseases are listed individually and are also listed by route of infection. Appropriate diagrams and photos are included as needed. There is an area of the site devoted to 'hot topics,' designed to address current news developments, frequently asked questions, and common themes that arise during discussions on sexual health. The third portion of the site is focused on local resources. Anonymous HIV testing sites are listed for communities across the state, and numerous and varied local support resources are provided for the Burlington area.

The site was completed in late 2001 and will be maintained and updated by Outright Vermont in the future. The website can be found at www.outrightvt.org/sexed or accessed from the Champlain Valley AHEC website at www.cvahec.org.



MedQuest 2002 Health Careers Exploration Camp

"The favorite part of the week for me was job shadowing. I got to see what medical careers are like."
2001 MedQuest Camp attendee

CVAHEC is proud to sponsor the MedQuest 2002 Health Careers Exploration Camp from June 23—28 on the University of Vermont campus. MedQuest 2002 offers a hands-on exploration of health care careers. The Camp allows 9th and 10th grade students from Addison, Chittenden, Franklin and Grand Isle counties the opportunity to explore the variety of careers in health care, to shadow health care professionals in their work setting, and to increase awareness of personal interests, values and skills in relation to specific health careers.

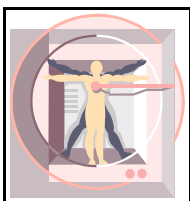
To attend the MedQuest Camp, a student must be nominated by their school. Each high school in the Champlain Valley region may nominate one or two students who are currently in 9th or 10th grade. Applications have been sent to schools and must be returned postmarked before March 16th. The Camp is filled on a first-come, first-served basis. The cost for the six day Camp is \$120, all inclusive. A \$50 deposit is due with the application, with the balance to be paid before the opening of the Camp. Students will stay on the University of Vermont campus, living in the residence halls and eating in the cafeteria. While on campus, students have use of the computer lab, library and bookstore.

Students who wish to apply should visit their school's guidance counselor or call Jenney Samuelson at CVAHEC at (802) 527-1474.



CVAHEC Sponsors Daylong Conference on Cancer for Health Professionals

CVAHEC is proud to co-sponsor "The Journey through Cancer... and Life: Healing and Transforming the Whole Person" featuring Dr. Jeremy Geffen. This event, co-sponsored by the Linda Wood Mason Breast Cancer Fund and Northwestern Counseling & Support Services, is a daylong conference for health professionals and will be offered in early May. An evening presentation for the general public will also be offered. Further details, including date, location and agenda will be announced as soon as possible.





**Champlain Valley Area
Health Education Center**

Putting People into Public Health

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