

ACCESS POINTS



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Putting the Patient at the Center of Managing Diabetes

Answering a few simple questions regarding age, weight, family history, eating and exercise habits can help determine the risk of a Type 2 diabetes diagnosis.

With one in three American adults at risk, the American Diabetes Association offers an on-line survey tool at diabetes.org to determine those at high-risk and encourage them to contact a health care provider for information on lifestyle changes to prevent diabetes.

Anita Linn went in to the community health center at Horizon Health Care Inc.'s (HHC) Wessington Springs clinic site for a general physical and discovered she was diabetic. The chronic disease management program at her hometown community health center gave her the support and education to make the transition to a diabetic lifestyle easier.

"I was very impressed. After my diagnosis, I got one-on-one personal training from the diabetes educator. We have monthly group meetings where you can bring up any topics concerning diabetes...diet or how to take better care of ourselves," stated Linn.

Diabetes education is offered as a free service for all patients who wish to participate.

Karen Mickelson, RN, diabetes educator at HHC's Wessington Springs, SD clinic site added, "Living in



Barb Walter, RN, conducting regular monitoring is a vital part of maintaining a healthy diabetic lifestyle and avoiding potential health crisis situations.

a rural community, many people just wouldn't get healthcare on a regular basis if the community health center wasn't here."

The patient-centered focus at the community health center encourages patients to ask questions and learn how to keep their diabetes in check.

Barb Walter, RN, is the diabetes educator at the HHC clinic site in DeSmet, SD. She sees the impact patients can have on their health when given the right tools to monitor and maintain a healthy lifestyle.

"I saw a patient lose 70 pounds in 6 months who has been managing his diabetes only with diet. I was not surprised as I have always felt everyone is capable of managing their health if given the opportunity!" Walter stated.

Walter has been involved in lifestyle changes for many patients who have learned to manage diabetes even when they live many miles from the clinic. The ten community health center clinic sites of HHC have the capability

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ity of providing diabetes education via telemedicine and many patients in rural areas choose this option to avoid long drives requiring time off from work.

In addition, the community health center model offers a sliding fee scale allowing patients to pay for services based on income levels.

"We provide the sliding scale for those who meet the income guidelines so the cost of labs, x-ray, and physician visit is reduced. My services as a diabetes educator is free to our patients," Walter added.

The affordable care encourages patients with diabetes to come in for regular monitoring and decreases the number of health issues that may result in an emergency room visit or hospital stay.

"Because of the sliding fee, we see patients travel because they cannot afford to see a doctor in their hometowns. We have patients coming from 60-90 miles away," Mickelson added.

Linn added, "The staff at the community health center are local people. They are oriented to the lifestyle of the community and understand where people are coming from and how they deal with issues. The providers really care about you and communicate openly with you about all your health concerns."

The patient-centered focus at the community health center encourages patients to ask questions and learn how to keep their diabetes in check.

Patients who wish to participate may also attend

group meetings offered at the Wessington Springs clinic site that provide a unique opportunity for support.

The HHC network has community health center clinic sites in eleven communities across southeastern and southcentral South Dakota with the most recent addition of Springfield Family Clinic added on April 1, 2011.

There are currently 54 community health center clinic sites across the Dakotas providing high-quality primary and preventive care including chronic disease management and education in areas such as asthma, diabetes, hypertension, depression, and cancer.

Putting the patient at the center of managing their health and lifestyle encourages on-going care and prevents health care crisis situations or complications.

Based on the Uniform Data System report for 2010, community health center sites saw 4,041 diabetic patients and had 9,732 clinic visits related to a diabetes diagnosis compared to 3,626 patients and 9,317 visits in 2009.

Walter concluded, "In the clinic setting you see patients on an on-going basis and become familiar with their family and circumstances. We are able to help people of all ages and income with obtaining the best healthcare possible."

"...I have always felt everyone is capable of managing their health if given the opportunity!"

Barbara Walter, RN - Horizon Health Care, Inc.



Anita Linn checks in regularly with Karen Mickelson, RN, diabetes educator for Horizon Health Care, Inc.

Immunizations Protect Individuals and Communities

Every parent wants to make sure their child is happy and healthy. While a trip to the clinic for immunizations won't make them happy, it does play a big role in keeping them healthy.

In the first two years of life, children receive five sets of immunizations to protect them from illnesses such as meningitis, hepatitis, polio, whooping cough, measles, mumps, and chicken pox among others.

"Pediatric immunizations are strongly encouraged, if not required to help prevent those childhood illnesses which can cause death or result in long-term health issues such as hearing loss, mental retardation, and even infertility," stated Noreen O'Shea, DO, medical director for Union County Health Foundation.

The Center for Disease Control and a consortium of Infectious Disease and Immunization specialists update the immunization schedule to review time frames between boosters and to ensure all appropri-

ate vaccines are included.

A detailed list of immunization schedules is available at <http://www.cdc.gov/vaccines/recs/schedules/child-schedule.htm>.

The Human Papilloma Virus (HPV), a potentially cancer-causing virus transmitted through sexual activity, is the most recent vaccine recommended for girls around the age of 11 or 12. The immunization fights two to four of the highest risk strains of the virus and is given in a series of three shots over six months.

"Pediatric immunizations are strongly encouraged, if not required to help prevent those childhood illnesses which can cause death or result in long-term health issues such as hearing loss, mental retardation, and even infertility,"
Noreen O'Shea, DO

With primary and preventive care as a focus, providing immunizations is one way community health centers play a role in encouraging a healthy lifestyle.

Dr. O'Shea added, "We are providing immunizations locally, at convenient hours, in a setting in which many parents already feel

comfortable. We also cooperate with the state immunization registry so that there is easy access to immunization records to any healthcare provider in the state."

Receiving immunizations protects not only the patient receiving the vaccine, but also community members who are more vulnerable to illness such as newborn babies and patients with compromised immune systems.

Adults are encouraged to receive the seasonal

influenza vaccine each year and to check with their health care provider regarding the need for a tetanus, diphtheria, and pertussis (whooping cough) booster.

Those over 60 years of age may also wish to receive the shingles vaccine.

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Recommended Immunization Schedule for Persons Aged 0 Through 6 Years—United States • 2011

Vaccine ▼	Age ►	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	19-23 months	2-3 years	4-6 years
Hepatitis B		HepB	HepB			HepB						
Rotavirus			RV	RV	RV ²							
Diphtheria, Tetanus, Pertussis			DTaP	DTaP	DTaP			DTaP				DTaP
<i>Haemophilus influenzae</i> type b			Hib	Hib	Hib ⁴							
Pneumococcal			PCV	PCV	PCV	PCV					PPSV	
Inactivated Poliovirus			IPV	IPV		IPV						IPV
Influenza							Influenza (Yearly)					
Measles, Mumps, Rubella							MMR					MMR
Varicella							Varicella					Varicella
Hepatitis A							HepA (2 doses)				HepA Series	
Meningococcal												MCV4

Source: Center for Disease Control

Immunizations Continued

Traveling also brings the potential for increased exposure to viruses. Scheduling an appointment four to six weeks before departure allows time for an additional immunizations to become effective.

Many health insurance programs cover the cost

of immunizations and community health centers like Union County Health Foundation throughout the Dakotas participate in the Vaccines for Children program which pays for the vaccine for children 18 and under who meet the program criteria.

Community health cen-

ters also offer a sliding fee scale allowing patients to pay for health care services based on income levels. This program ensures every patient receives the basic primary and preventive care they need regardless of financial status or insurance coverage.

Recommended Immunization Schedule for Persons Aged 7 Through 18 Years—United States • 2011

Vaccine ▼	Age ►	7–10 years	11–12 years	13–18 years	
Tetanus, Diphtheria, Pertussis			Tdap	Tdap	Range of recommended ages for all children
Human Papillomavirus			HPV (3 doses)(females)	HPV Series	
Meningococcal		MCV4	MCV4	MCV4	
Influenza			Influenza (Yearly)		Range of recommended ages for catch-up immunization
Pneumococcal			Pneumococcal		
Hepatitis A			HepA Series		
Hepatitis B			Hep B Series		Range of recommended ages for certain high-risk groups
Inactivated Poliovirus			IPV Series		
Measles, Mumps, Rubella			MMR Series		
Varicella			Varicella Series		

Vaccine ▼	Age ►	19–49 years	50–64 years	65 years & older
Influenza		You need a dose every fall (or winter) for your protection and for the protection of others around you.		
Pneumococcal		You need 1–2 doses if you smoke cigarettes or if you have certain chronic medical conditions.*		You need 1 dose at age 65 (or older) if you’ve never been vaccinated.
Tetanus, diphtheria, pertussis (whooping cough) (Td, Tdap)		Be sure to get a 1-time dose of “Tdap” vaccine (the adult whooping cough vaccine) if you are younger than age 65 years, are 65+ and have contact with an infant, are a healthcare worker, or simply want to be protected from whooping cough. You need a Td booster dose every 10 years. Consult your healthcare provider if you haven’t had at least 3 tetanus- and diphtheria-containing shots sometime in your life or have a deep or dirty wound.		
Hepatitis B (HepB)		You need this vaccine if you have a specific risk factor for hepatitis B virus infection* or you simply wish to be protected from this disease. The vaccine is given in 3 doses, usually over 6 months.		
Hepatitis A (HepA)		You need this vaccine if you have a specific risk factor for hepatitis A virus infection* or you simply wish to be protected from this disease. The vaccine is usually given as 2 doses, 6–18 months apart.		
Human papillomavirus (HPV)		You need this vaccine if you are a woman who is age 26 years or younger. One brand, Gardasil, can be given to men age 26 years or younger to prevent genital warts. The vaccine is given in 3 doses over 6 months.		
Measles, mumps, rubella (MMR)		You need at least 1 dose of MMR if you were born in 1957 or later. You may also need a 2nd dose.*		
Varicella (Chickenpox)		If you’ve never had chickenpox or you were vaccinated but received only 1 dose, talk to your healthcare provider to find out if you need this vaccine.*		
Meningococcal		If you are going to college and plan to live in a dormitory, or have one of several medical conditions*, you need to get vaccinated against meningococcal disease. You may also need additional booster doses.*		
Zoster (shingles)				If you are age 60 years or older, you should get this vaccine now.

* Consult your healthcare provider to determine your level of risk for infection and your need for this vaccine.

CHAD Member Community Health Centers

Coal Country Community Health Center

Beulah Clinic.....	Beulah, ND
Center Clinic.....	Center, ND
Sandhills Community Health Center.....	Towner, ND

Community Health Center of the Black Hills, Inc.

<u>Community Health Center</u> *	Rapid City, SD
Flormann Health Center	Rapid City, SD
Healthcare for the Homeless	Rapid City, SD

Falls Community Health Center

<u>Community Health Center</u> *	Sioux Falls, SD
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Family HealthCare Center

<u>Fargo Clinic</u> *	Fargo, ND
Homeless Health Services	Fargo, ND

Horizon Health Care, Inc.

Aurora County Clinic.....	Plankinton, SD
Bell Medical Service	DeSmet, SD
<u>Bennett County Family Health Center</u> *	Martin, SD
Bryant Community Health Center.....	Bryant, SD
<u>DeSmet Dental Clinic</u> *	DeSmet, SD
Howard Community Health Center.....	Howard, SD
Jerauld County Clinic.....	Wessington Springs, SD
Lake Preston CHC.....	Lake Preston, SD
Mellette County Health Clinic	White River, SD
Mission Medical Clinic	Mission, SD
Regional Detention Center	Plankinton, SD
Springfield Family Clinic	Springfield, SD
<u>Prairie Winds Dental Clinic</u> *	Howard, SD
Whiting Memorial Clinic.....	Woonsocket, SD

Migrant Health Services, Inc.

Grafton Clinic.....	Grafton, ND
Moorhead Migrant Health Center	Moorhead, MN

Northland Community Health Center

McClusky	McClusky, ND
Rolla	Rolla, ND
Rolette	Rolette, ND
<u>Turtle Lake</u>	Turtle Lake, ND

Prairie Community Health, Inc.

Bison Clinic.....	Bison, SD
Family Health Center.....	Eagle Butte, SD
Faith Clinic.....	Faith, SD

Prairie Community Health, Inc. Continued

Takini School	Howes, SD
Tiospaye Topa School	LaPlant, SD
Isabel Community Clinic	Isabel, SD
McIntosh Clinic	McIntosh, SD

Rural Health Care, Inc.

Oahe Valley Community Health Center	Ft. Pierre, SD
Buchanan School	Pierre, SD
Community Care Clinic.....	Gettysburg, SD
Highmore Clinic	Highmore, SD
Jones County Clinic.....	Murdo, SD
Onida Clinic	Onida, SD
Stanley-Jones Memorial Clinic	Presho, SD

Union County Health Foundation

Alcester Medical Center	Alcester, SD
Community Health Clinic	Elk Point, SD
Union County Correctional Facility	Elk Point, SD

Valley Community Health Centers

<u>Grand Forks Dental Clinic *</u>	<u>Grand Forks, ND</u>
Northwood Clinic	Northwood, ND
Larimore Clinic.....	Larimore, ND

*Denotes members with oral health services

All articles were written by Stacie Fredenburg, manager of communications and marketing, unless otherwise noted.

For more information on community health centers, please contact one of our offices at the numbers listed to the right.

Additional staff and program information can also be found on our web site at www.communityhealthcare.net.

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