



# Annual Report

## 2006—2007

July, 2007

**Editor:**

Sarah Hughes

**Produced by:**

Mary Lou Sudkamp

**The North Central AHEC provides services and programs in these counties:**

**Anderson  
Boone  
Bourbon  
Bracken  
Campbell  
Fayette  
Franklin  
Gallatin  
Grant  
Harrison  
Jessamine  
Kenton  
Owen  
Pendleton  
Scott  
Woodford**

## A Message from the Center Director

I am very pleased to offer this 2007 Annual Report of the programs and activities of the North Central Area Health Education Center (NC AHEC). As I look back on the year's events, scenes such as these flash through my mind:

- A gymnasium floor overflowing with high school students intent on talking to health professionals about their careers;
- A class of recent immigrants, kneeling over CPR mannequins as they learn a life-saving skill;
- The enthusiastic face of an eager 5<sup>th</sup> grader who just completed a miniature model of the digestive system;
- Long lines of adults waiting to have their fingers pricked for glucose and cholesterol testing; and
- A medical student working and learning in a small, rural clinic.



All of these scenes, and many more, took place this past year under the sponsorship of the NC AHEC. It has been a very busy year, with activities to support healthcare students on rotation, educate and recruit new health care workers, and provide community health education. The enclosed highlights demonstrate the broad scope of our work, as well as the many partnerships that have been forged with community groups.

We continue to host increasing numbers of health care students from the University of Kentucky, the University of Louisville and Pikeville College of Osteopathic Medicine who come to this area to study, and many return for multiple experiences. Two new health career coordinators have infused the health career/school health program with new energy, and more schools and hospitals are participating in the programs.

The *promotores* program continues to attract new Spanish-speaking volunteers who want to help their friends and neighbors learn about health. The four *promotores* classes completed this year brings the number of *promotores* in northern and central Kentucky to 187. Several grant initiatives have allowed NC AHEC staff to provide breast cancer education and HIV/AIDS prevention and testing in the Hispanic community.

Collaboration with others has made much of this work possible. Our community host site, Gateway Community and Technical College, deserves special thanks for serving as the AHEC fiscal agent and providing the AHEC with other kinds of support. Gateway faculty and staff also partner with us on numerous projects. We are deeply appreciative for the help and commitment of Gateway to the NC AHEC.

A special thanks goes to all the many dedicated community based faculty members who donate their time

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## AHEC MISSION

**The mission of the North Central AHEC is to promote healthy communities through innovative partnerships. This is accomplished by providing:**

- Educational support services to health professions students and health care providers;
- Community health education, and
- Programs that encourage health professions as a career choice.

## Student Highlights Healthcare Students Remain the Focus of AHEC

Assisting healthcare students with their off-campus clinical experiences continues to be the primary focus of the NC AHEC. Directed by Rose Mueller, Clinical Coordinator and Assistant Center Director, the staff of the NC AHEC support student rotations by finding student housing for the rotation (when necessary), coordinating and scheduling student rotations with preceptors, providing videoconferencing access for students, and providing students with area information. The following highlights show the extent of work to enhance and improve the student experience in north central Kentucky sites.



Rose Mueller, NC AHEC Clinical Coordinator, informs a medical student about clinical sites in the NC AHEC during the University of Louisville student fair.

- NC AHEC staff coordinated, scheduled and managed 701 student rotations for 2,995 weeks, an increase of 33 rotations from the previous year. The largest number of rotations (648) were from UK.

- NC AHEC staff coordinated the “Primary Care Clerkship” for UK third-year medical students, which included providing weekly videoconferencing on the Northern Kentucky University campus in Covington.

**Comments from students about their rotations in the NC AHEC**

\* “Dr. McKemie is a great role model and an outstanding physician who truly cares about his patients and teaching students.”

\* “Martha King is a great preceptor. She likes to spend time teaching students (pharmacy) and many days we stayed late to talk about clinical issues and to help with questions I have about job interviews.”

\* “Dr. Shih is an excellent, enthusiastic and overall great mentor for med students. The homeless clinic was invaluable in my education.”

\* The people who live in Falmouth (preceptor: Dr. Kalfas) appreciate the health care system more than in other urban areas. If I could do all my rotations there, I would. “

- NC AHEC staff continued to work very closely with the Pikeville College School of Osteopathic Medicine to manage and schedule rotations for 2 fourth-year medical students.
- Dr. Lori Gonzalez, dean of the UK College of Health Sciences, visited the NC AHEC in August. A reception to introduce her to preceptors and alumni, held at the Hilton Hotel in Florence, attracted 35 area alumni and preceptors. The preceptors were recognized and honored for their teaching of students.
- The NC AHEC arranged and hosted a meeting in northern Kentucky of AHEC student coordinators from all AHECs in the state. Program coordinators from UK, U of L and Pikeville College of Osteopathic Medicine were in attendance to discuss changes in the curricula, schedules and policies for student rotations.
- NC AHEC staff recruited 1 new medical preceptor to teach medical

students. Currently, there are over 300 preceptors for all clinical disciplines in the NC AHEC service area.

- NC AHEC staff participated in AHEC student fairs at the University of Louisville Health Sciences Center and Pikeville College School of Osteopathic Medicine. The AHEC fairs are a venue to inform students about rotation sites in the NC AHEC area.
- NC AHEC staff took part in cultural competency conferences for healthcare students at both UK and the University of Louisville, and met with students to let them know about the diverse communities across the NC region.
- Dr. Donna Roberts, the director of the Family and Geriatric Medicine Department at the U of L, visited the NC AHEC in October. She and Rose Mueller, NC AHEC Clinical Coordinator, met with 5 family medicine preceptors in northern Kentucky.

| <b>NC AHEC Student Rotations by Discipline<br/>2006 – 2007</b> |                  |
|--|------------------|
| <b>Discipline</b>  | <b>Rotations</b> |
| Clinical lab science   | 2                |
| Communication disorders  | 3                |
| Dental hygiene   | 3                |
| Dentistry  | 2                |
| Medicine-students  | 129              |
| Medicine-residents   | 24               |
| Pharmacy   | 347              |
| Physical therapy   | 31               |
| Physician’s assistant  | 160              |
| <b>TOTAL</b>   | <b>701</b>       |

## Thanks to the following preceptors who took students in 2006-2007:

### Cardio

Pamela Combs MD  
Kevin Scully MD

### Clinical Lab Science

Linda Grow

### Dentistry

Michelle Beck DMD  
Ken Rich DMD  
James Wright DMD

### Dietetics

Steven Saylor RD

### Emergency Room

James Evans MD  
Dianne Perazzo MD  
John Sherman MD

### Family Practice

Nanette Bernales MD  
Mark A. Boyd MD  
Suja Brane MD  
Patrick Burns MD  
Gus Bynum MD  
Ahmad Charkawi MD  
Thomas Coburn MD  
Robert Davenport MD  
Michael Eden MD  
Greg Fuqua MD  
Donna Gerhardstein MD  
Larry Johnson MD  
Mina Kalfas MD  
Ben Kutnicki MD  
Wayne Marlowe MD  
Oscar Perez MD  
Brad Quatkemeyer MD  
Robert Risher MD  
James Roach MD  
Nelson Rodriguez MD  
Arlene Shih MD  
Don Stephens MD  
David Suetholz MD  
Nancy Swikert MD  
William Threlkeld MD  
Raymond Wechman MD  
Ardy Wright MD  
Chester Young MD

### Internal Medicine

Stephen Besson MD  
John Bucker MD  
Ralph Caldrony MD  
Robert Culbertson MD  
Russell Eldridge MD  
John Gohmann MD  
Naresh Kapali MD  
Dennis Kelly MD  
Rodney Mann MD  
Wm. Frank McKemie MD  
Adrian Messerli MD  
John Sartini MD  
Joel Stephenson MD  
Jonathan Waltman MD  
Stella Staley MD

### OB/GYN

Robert Flick MD  
Stephen Hall MD

### Otolaryngology

Robert Woods MD

### Pediatrics

Horace Hambrick MD  
David Hoddy MD  
Allison Iser MD  
Michael McKinney MD  
Kristy Menke MD  
Robert Revelette MD  
Marina Yarbo MD

### Pharmacy

Steven Adams RPh  
Lanny Ross Adkins PharmD  
Sheila Botts PharmD  
Jackson Bray RPh  
Robert Bunting RPh  
Janet Cline RPh  
Peter Cohron RPh  
Dana Foster PharmD  
Don Gubser RPh  
Bettye Hanks PharmD  
Matthew Harney PharmD  
Heath Jennings PharmD  
Jill Johnson PharmD  
Wendy Johnson-Deitemeyer RPh  
Debra Kelly PharmD

### Pharmacy (cont.)

Martha King PharmD  
Jamie Knight PharmD  
Kevin Lamping RPh  
Matt Lane PharmD  
Robert Littrell  
Betsy McCollum PharmD  
Paul Brian McCreary PharmD  
Mickey Monroe Pharm D  
Steven Mueller RPh  
Amy Nicholas PharmD  
Jeff Osman RPh  
Randall Rice PharmD  
Richard Roeding RPh  
Melody Ryan PharmD  
Andrea Schumann PharmD  
Keith Stinson PharmD  
Heather Sweeney PharmD  
John Tiggelaar RPh  
Melissa Vice PharmD  
Jason Wallace PharmD  
Michael Wells PharmD  
Jennifer Wright PharmD

### Psychiatry

Bruce Snider MD

### Physical Therapy

Bill Blackburn PT  
Beth Butcher CCCE  
Scott Crook PT  
Tracy Difrancesco PT  
Michelle Graybeal PT  
Vicki Heierman PT  
Amanda Hunter PT  
Chris Maczmarek PT  
Julie Kennedy PT  
Kathy McClintock PT  
Jeff Mitchell PT  
Sharon Noll PT  
Mindy Powell PT  
Leah Sander PT  
Rob Swayze PT

**THANK YOU**

### Health Career and School Health Highlights

## Health Career and School Health Programming Stresses Choices and Opportunities

Recruiting students, especially minority and rural students, into health careers, is an important thrust for the NC AHEC. Another school-based focus is helping students learn about healthy behaviors and lifestyles to improve their health status later in life. A variety of programming as well as partnerships with schools and health care facilities have enabled Health Career Coordinators Laura Pears and Juliana Baquero to reach many area students. The following highlights illustrate the scope of the health career and school health activities.



*Health Career Explorer students at St. Luke Hospital in Florence visited a surgical suite to learn about careers in surgery.*

- NC AHEC staff members presented 223 health career and/or school health programs to 7,479 students in ten counties for 4,527.45 educational hours.

- NC AHEC staff organized and coordinated the 2006 Health Careers Showcase in September with 606 students from 22 area high schools participating. The students visited numerous exhibits with demonstrations and hands-on activities representing 22 health professions. Seven area colleges and universities participated in the event.

- For the fourth year, NC AHEC staff organized and coordinated a “Health Careers Explorer” program for high school students with St. Elizabeth Medical Center. The club, with 27 members, met monthly during the school year at St. Elizabeth Medical Center in Edgewood to visit clinical departments, talk with various health professionals, and try out

various medical-related skills on demonstration models.

- In collaboration with NC AHEC staff, St. Luke Hospital West in Florence became the site for a second “Health Careers Explorer” program. The 28 high school students met monthly during the school year to visit clinical departments, talk with health professionals and participate in a variety of hands-on activities.

- NC AHEC staff, in collaboration with Gateway Community and Technical College staff, planned and implemented the week-long “Gateway to Nursing” camp. The camp, designed to focus on preparation for careers in nursing, featured hands-on activities, hospital tours, and personal and academic enrichment. The camp, with a total of 10 students, was held on the Edgewood campus of Gateway Community Technical College.

- An all-day Health Careers Expo program for 7<sup>th</sup> and 8<sup>th</sup> grade students at two Covington middle schools was planned and coordinated by NC AHEC staff. The program, held on the Edgewood campus of Gateway Community and Technical College, featured a variety of presenters and activities designed to interest the 129 students in a health career. The program was held in cooperation with the local Gear-Up Kentucky initiative, which works to ensure that at-risk students graduate from high school and go on to college.

- NC AHEC staff coordinated 3 health career clubs in Williamstown High School, Williamstown Junior High School, and Holmes High School (Covington). The clubs, with a total attendance of 80 students, met monthly to learn about various health careers and engage in health-related hands-on activities.

- NC AHEC staff planned and implemented an all-day workshop about various health careers for school counselors. The program featured discussions about careers in surgical technology, occupational therapy, dietetics and nutrition, medical assisting, and laboratory medicine. The 35



*A student attending the Health Careers Expo attempts to don a sock with an adaptive device used by occupational therapists.*

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## Health Career and School Health Programming Stresses Choices and Opportunities (cont.)

(Continued from page 4)

counselors who attended received professional development credit for the day.

- As part of a UK Medical Center healthy schools initiative, NC AHEC staff provided monthly programming to 4<sup>th</sup> and 5<sup>th</sup> grade classes at Johnson Elementary School in Lexington. The classes focused on health careers and healthy living topics. A total of 28 presentations addressed a variety of topics.
- NC AHEC staff participated in 4 health and career fairs in Campbell and Fayette county schools, and reached 850 students with information about health careers and healthy living.
- NC AHEC staff provided information to area high school students about various summer health career camps in Kentucky, including the UK Summer Enrichment camp, the UK Health

Researchers Academy, the UK PEPP summer program and the Pikeville College of Osteopathic Medicine PEPP summer camp.

- NC AHEC staff recruited area high school students to attend the six-week Summer Enrichment Camp at UK, as well as the two-week Health Researchers Youth Academy at UK, both designed to help students prepare for a health career. Thirteen students from the NC AHEC service area attended the Summer Enrichment Camp, and twelve students from the NC AHEC area attended the Health Researchers Youth Academy. Both camps are coordinated by the UK AHEC office with support from the NC AHEC.

- Poor dental health remains a significant health problem for many Kentucky students. NC AHEC staff presented 29 programs about dental health to 810 primary students in Bracken, Campbell, Fayette, Grant and Kenton counties.

- Anatomy-related programs are popular with area schools since 5<sup>th</sup> graders are tested on their knowledge of the human body in the

CATS tests. NC AHEC staff conducted 52 anatomy-related presentations to 1,245 students at schools in Campbell, Fayette, Grant, Kenton and Owen counties.

- Helping students learn about the harmful effects of alcohol is an important health education issue. NC AHEC staff presented 19 alcohol awareness programs to 351 students.
- Programs that stress personal hygiene and hand-washing are very popular with teachers. NC AHEC staff presented 25 programs dealing with these topics to 791 students.
- NC AHEC staff developed a new presentation about nutrition. "Go, Slow, Whoa! Foods" teaches children how to make healthy food choices using the new USDA food pyramid guide. A total of 40 programs about nutrition reached 1,421 students.



Students at Johnson Elementary School in Lexington display the skeletal models used in the AHEC health careers class.



Gateway nursing instructor Nancy Ritzenthaler, RN, demonstrates an IV procedure to students in the Gateway to Nursing summer camp.



Students in the Gateway to Nursing camp model personal protective equipment used in health care.

## Community Health Education Highlights

### Community Programs Focus on Underserved Populations

Improving the health of underserved, immigrant and minority populations is an important focus for the NC AHEC. Rosa Martin, Community Programs Director (Lexington), Juliana Baquero, Program Coordinator for Underserved Populations (Park Hills), and Mily Ralston, Community Programs Assistant (Lexington) work closely with community agencies and Hispanic/Latino communities to address unmet needs, as the highlights below illustrate.

- NC AHEC staff provided 97 community health programs to 4,097 participants in 4 counties.
- NC AHEC staff organized and taught 4 *promotores* classes, 2 in Lexington and 2 in Erlanger, with 46 graduates. The 13 week class, taught in Spanish, prepares community volunteers to act as lay health workers, assisting their neighbors with basic health information.
- To date, the NC AHEC has trained 187 community volunteers to become *promotores* since the program began in July, 2001. NC AHEC staff continue to provide health updates and continuing education on topics such as healthy cooking, heart disease, and breast cancer.
- NC AHEC staff coordinated and implemented the annual *Feria de Salud* (Hispanic health fair) in Erlanger, in cooperation with the *Centro de Amistad*. All tests and services were provided in Spanish to the 350 participants. There were 89 community volunteers representing 22 community organizations.



*Dr. Ken Rich volunteered to perform dental screening examinations at the Erlanger Hispanic Health Fair.*

- The *Juntos* HIV program continued for the fourth year, in collaboration with the Kentucky Department for Health Services. Four specially trained *promotores* provided HIV/AIDS testing and education to the Hispanic/Latino community in central Kentucky. They performed 61 HIV/AIDS tests and made approximately 6,000 teaching encounters.
- The first year of a breast health initiative funded by a grant from the Susan G. Komen Foundation was completed. Grant activities included special training for 19 *promotores*, 73 home parties that provided breast cancer information to 1,681 Hispanic women, and participation in 5 community health fairs that reached 2,350 community members with breast cancer information.
- The NC AHEC was awarded a second year of funding by the Susan G. Komen Foundation to continue teaching Hispanic women about breast cancer detection and prevention.



*A participant at the Lexington Una Tarde Infantil (Children's Afternoon) practiced correct brushing technique using large tooth models.*

- NC AHEC staff and *promotores* participated in 16 health fairs and community events in Lexington and northern Kentucky, and provided 3,088 Hispanic community members with a wide variety of health information in Spanish along with blood pressure screening and HIV/AIDS testing.
- NC AHEC staff continues to host a weekly 15 minute radio program in Spanish on Radio *Vida* 1440 from Paris, Ky. The emphasis this year has been on breast cancer detection and prevention.
- NC AHEC staff in Lexington continue to write a biweekly health column for the Spanish language newspaper *La Voz*, which circulates in central Kentucky.
- For the sixth year in a row, NC AHEC staff in Lexington planned and coordinated the *Una Tarde Infantil* (Children's Afternoon) festival, designed to promote nutrition, exercise and combat childhood obesity. Many community partners participated in the festival, which offered free health information, games and activities to approximately 300 children and adults.
- A four month exercise and nutrition class was offered in Lexington for Hispanic community members. The class, with an average of 30 participants, met twice a month for exercise sessions, nutrition information and recipe exchanges. The winner of the weight loss contest lost 30 pounds.

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## Community Programs Focus on Underserved Populations (cont.)

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- A breast and cervical cancer initiative, funded by the Kentucky Cancer Program, utilized the *promotores* to provide community outreach in the Hispanic community. As a result of the program, over 500 women received educational material and 34 women were provided with breast and cervical cancer screening tests.
- The NC AHEC co-sponsored a two-day cultural diversity conference in Mt. Sterling that attracted 65 participants. The conference, aimed at medical interpreters and health and human service providers, included sessions related to cultural skills, health literacy and skills for medical interpreters.
- The 5<sup>th</sup> anniversary of the Lexington *promotores* program was celebrated with a dinner and program that recognized many community partners and the *promotores*. The *promotores* program was honored by the Lexington Fayette County Urban County Government, *La Voz de Kentucky* bilingual newspaper and the Lexington Hispanic Association.
- New partnerships were formed with the Kenton County Adult Education program and *Bienestar Santamaria* Community Services to provide health education in Spanish. Under the direction of NC AHEC staff, six students in the English as a second language program completed the American Red Cross training program for first aid.



Promotores students in Erlanger practice bandaging as part of their first aid course.



Promotores students in Erlanger learn CPR as part of their training.

- NC AHEC staff continue to work closely with officials from the Kentucky Department of Public Health, HIV/AIDS Branch, to update *promotores* on HIV/AIDS testing and counseling. Twenty-three *promotores* in Lexington attended a two-day training program to learn how to administer the new Ora-Quick rapid test for HIV, and how to do pre- and post-test counseling.
- With the assistance of NC AHEC staff members, the Montgomery County Health Department developed a *promotores* program using the NC AHEC's curriculum and program resources. Eleven students completed the first class in Montgomery county and are now serving as *promotores*.
- NC AHEC staff continue to work closely with the South Eastern Medical Interpreters Association (SEMIA) to upgrade the skills and knowledge of medical interpreters, both paid and volunteer. The NC AHEC provides meeting space and other support for the organization's monthly meetings.
- NC AHEC staff gave 3 presentations about the *promotores* program and Hispanic culture to professional groups in Louisville, Lexington and Cincinnati.

## Advisory Board Members

Chris Goddard, M.H.S.A., M.B.A.  
Board Chair  
Executive Director  
HealthPoint Family Care

The Honorable Royce Adams  
State Representative

Margaret Anderson, Ed.D., R.N.  
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Northern Kentucky University

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St. Elizabeth Medical Center

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The St. Luke Hospitals

Chris Carle, M.S.  
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St. Elizabeth Medical Center-Grant  
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Eastern Kentucky University

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G. Edward Hughes, Ph.D.  
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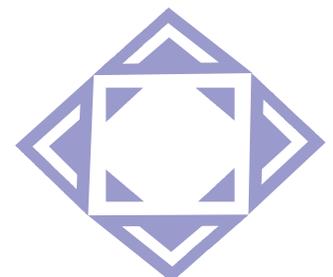
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[www.nckyahec.org](http://www.nckyahec.org)

## AHEC: Promoting the Common Health throughout the Commonwealth

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### A Message from the Center Director *(cont.)*

*(Continued from page 1)*

and professional wisdom to teach our future health care professionals. They are all listed individually in this report, and we offer them a big “thank you.” We also want to thank the many clinics, pharmacies, hospitals and other health care facilities that host students.

The Advisory Board members deserve special thanks for their guidance and leadership. Because of their time and effort, the NC AHEC continues to fulfill its mission and provide needed services.

This AHEC could not exist without the sponsorship and oversight provided by the UK Chandler Medical Center and the UK AHEC office. The support and guidance provided by that office, and the assistance in working with the various Medical Center colleges, is gratefully acknowledged.

The NC AHEC is very fortunate to have committed and professional staff members who believe deeply in the AHEC mission. They are the reason this AHEC has continued to grow, and I am deeply grateful for their hard work.

We look forward to working another year with all of our community partners to improve the health in this region.

**Evelyn K. Tackett, MHA**  
Center Director