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AHEC: Promoting the Common Health throughout the Commonwealth

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model arm. Medical students Meredith Himmler (UK College of Medicine) and Viral Patel (Pikeville College School of Osteopathic Medicine) were on hand to talk with students about going to medical school, and also to assist them in suturing the banana.

Dr. Don Frazier, UK College of Medicine Professor of Physiology, encouraged the students to "study the amazing human body," and told them that no machine was as complex or intelligent as the human brain. He brought a large collection of preserved organs, both human and animal, for the students to see and touch.

A number of the students attended the workshop last year, and returned because they wanted to learn more. By the end of the two days, the students agreed they

had learned a great deal about the variety of health careers available and their interest in health careers was continuing.

Many thanks to the presenters and sponsoring agencies for their assistance with a successful workshop. (see box on page 2 for complete listing of presenters).



2003 Workshop Attendees



COMPASS

Pointing the Way to Health

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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**

Growth Continues for Promotores Program in Lexington

The number of active *promotores* (health promoter in Spanish) in Lexington continues to increase with the graduation of the third class on March 15, 2003. The *promotores* program, sponsored by the NC AHEC/HETC, began in July 2001, and now has 38 total graduates. *Promotores* are Hispanic community volunteers who agree to share their newly acquired health knowledge with others in the Hispanic community. All classes are conducted in Spanish, since most participants speak only Spanish.



Randi Ewing, NC AHEC/HETC staff member, presents a certificate of completion to a promotores class member.

The latest class, with nine participants, began in December, 2002. The participants, all women from Mexico and Peru, attended 30 hours of class, and learned about a variety of health topics, such as common health problems, dealing with chronic illnesses, mental health, domestic violence, CPR, and first aid. A special focus of the *promotores* program is helping the participants learn about the local healthcare system, especially clinics and health departments that provide services in Spanish. The *promotores* often serve as the link between health providers and community members.

The extensive curriculum used in the class was originally developed by the Midwest Migrant Health Information Office and used in many lay health worker training programs. The material was adapted for Kentucky, and emphasizes Kentucky resources. Class content is being continually updated with new information and new topics relating to health. For example, since obesity has emerged as a concern in the Hispanic community, information about weight loss, the role of fast foods in obesity, and the value of exercise has been added to the classes.

Many of the latest program graduates work full time, and have small children in their care. One class member held down two jobs, including the night shift, but still made it to class in the mornings. All are motivated by their desire to help others in their community, and perhaps begin working in a health care related job.

Learning doesn't stop for the *promotores* when their class ends. Rosa Martin and Randi Ewing, NC HETC staff members in Lexington, schedule additional meetings to present new and updated health information. The latest "continuing education" course for the *promotores* took place on February 12, when Victoria Myers, RN, from Central Baptist Hospital's "Breast Health by Women"

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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.

Hispanic Health Educator to Guide NC AHEC Promotores Program

Community health education in northern Kentucky received a big boost last fall when the NC AHEC sponsored the first promotores class for Spanish speaking residents. *Promotores de Salud* (health promoter in Spanish) are Hispanic community volunteers who agree to share their newly acquired health knowledge with others in the Hispanic community. The promotores program has received another boost with the recent introduction of Mrs. Cora Garcia as the Hispanic health educator for HealthPoint Family Care, host organization for the NC AHEC. Mrs. Garcia will plan and implement future promotores classes, to be held in cooperation with the Centro de Amistad, the Spanish community center of the Cathedral Basilica in Covington. The next class is scheduled to begin on April 12th, with an enrollment of 20 community residents.



Welcome, Cora Garcia!

Mrs. Garcia is a native of Argentina who has lived in the Cincinnati area since 1986 with her husband, Jose, an architect. She is well qualified to lead the promotores, having been trained as a physician in Argentina. She received her MD degree from the Universidad Nacional De Cordoba in Cordoba Capital, Argentina, but once in the U.S., decided to devote her energies to raising four children. She has been a part-time faculty member in Spanish for both the University of Cincinnati and Xavier University, and she continues to teach privately.

Mrs. Garcia is stationed at HealthPoint's Covington Center, where she provides health education to Spanish-speaking patients, especially those with chronic conditions. She is assembling a library of Spanish language teaching materials, and translates teaching materials into Spanish. She also acts as a medical interpreter and translator when needed.

The position of Hispanic health educator was funded by a grant from the Greater Cincinnati Health Foundation.

Third Grant County Health Career Workshop

For the third year in a row, the NC AHEC has collaborated with Grant County High School and Williamstown High School to offer a two-day health career workshop for students interested in pursuing a health career. Twenty students from Williamstown High and thirty students from Grant County High came together to learn about an assortment of health careers, talk with practicing health care professionals, and begin to narrow down their choices for future careers. The workshop was planned and coordinated by Alice Scheffler, RN, health careers coordinator for the NC AHEC.

A number of local health care providers described their professions while demonstrating some of the skills and techniques utilized. One lucky student was the "patient" as local massage therapist Dan Lester demonstrated massage techniques to relieve back pain and tension. Dr. Gregory Koo, family practitioner and director of the St. Elizabeth's Holistic Health Center, demonstrated acupuncture techniques on an adult volunteer. The students watched as the slender acupuncture needles were inserted in the volunteer's neck, back and ankles, and listened intently as Dr. Koo explained the uses for acupuncture.



UK student, Meredith Himmler, doing a suturing demonstration

Many presenters brought medical instruments for the students to handle. Instructor Susan Bacher, from the Cincinnati State department of surgical technology, showed volunteers how to don gowns and gloves in preparation for surgery, and allowed students to practice manipulating laparoscopic instruments. Paula Daley, Coordinator of the pharmacy technician program at Gateway Community and Technical College, allowed students to package and label individual units of simulated pills.

The students were very enthusiastic in attempting a variety of medically related skills, such as suturing a slit in a banana, giving an injection of sterile water to a jello-filled glove, and trying to start an IV on a

Thanks to the following health care providers and educators for their presentations to the Williamstown-Grant County Health Career Workshop:

- | | |
|---|--|
| Susan Bacher, RN
Surgical Technology Program
Cincinnati State Technical and Community College | Becky Leach, RN
St. Luke Hospital West |
| Paula Daley, C.Ph.T., Coordinator
Pharmacy Tech Program
Gateway Community and Technical College | Dan Lester,
Massage Therapist
Williamstown |
| Nancye Davis, RN, EMT
Paramedic Program
Eastern Kentucky University | Viral Patel,
3 rd year medical student
Pikeville College School of Osteopathic Medicine |
| Dry Ridge Ambulance Service
Dry Ridge | Libby Ritchie, D.H.
Dental Hygiene Program
Central Kentucky Technical College |
| Carol Floyd, Athletic Trainer
St. Elizabeth's Medical Center-Grant County | Kim Turner, Coordinator
Medical Office Technology Program
Gateway Community and Technical College |
| Dr. Don Frazier
UK Outreach Center for Science and Health Career Opportunities | Debra Turner, PT
Dry Ridge Physical Therapy |
| Meredith Himmler,
3 rd year medical student
UK College of Medicine | Linda Wallace, RN
St. Luke Hospital West |
| Deb Kasel, RRT
Respiratory Therapy Program,
Northern Kentucky University | Beth Warning, CLS
St. Elizabeth's School of Medical Technology |
| Dr. Gregory Koo, Family Practitioner
Summit Medical Group, Dry Ridge | |

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Federal and State Budgets Continue Support for AHEC

Growth Continues for Promotores Program in Lexington (cont.)



Center Director, Karkie Tackett

The latest budgets from Washington and Frankfort maintain support for the statewide Kentucky AHEC program at approximately the same levels as in recent years. Nationally, the AHEC and HETC programs are funded through HRSA health professions training programs. As compared to fiscal year 2002, the AHEC program received a small increase and the HETC program was funded at the same level.

On the state level, the Kentucky AHECs are funded through directed appropriations to the academic medical centers at the Universities of Kentucky and Louisville. The budget shortfall in Kentucky has resulted in some cuts for both Universities and budgets for the Kentucky AHECs will be similarly impacted. According to NC AHEC Center Director Karkie Tackett, this decrease can be absorbed without cutting AHEC programs. "We will have to be innovative and creative in looking for ways to economize, but I am confident we can continue to deliver the same level of programming and service to our students and communities."

According to Tackett, this good budgetary news in a very difficult fiscal situation was possible because many Advisory Board members, preceptors, students and others statewide contacted their legislators in both Washington and Frankfort in support of continued funding. Tackett said "I want to thank the many individuals in the NC AHEC service area who contacted their representatives and senators to let them know the value of the AHEC program."

(Continued from page 1) program, presented information on breast self-examination. Using breast models, thirteen promotores learned how to teach others to perform breast self-examination and the value of mammograms in the early detection of breast cancer. They were also given teaching materials in Spanish to share with others in the community.

The fourth *promotores* class in Lexington began on March 13, at the Phillis Wheatley YWCA in north Lexington. This class, targeted to the African-American community, has seventeen participants, including two males. The class members have named their class "HELPS"- Health Educators Linking People to Services.



3rd class of Lexington promotores proudly display their certificates. Rosa Martin (far left) and Randi Ewing (far right) are NC AHEC/HETC staff members in the Lexington office.

Advisory Board Members

- | | | | |
|--|---|---|--|
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Dentist | Dr. Marco Costa
Physician | Dr. Ed Hughes
CEO, Gateway Community and Technical College | Saul Moreno
Community Volunteer |
| The Honorable Royce Adams
State Representative | The Honorable Jesse Crenshaw
State Representative | Abdon Ibarra
Immigrant Services Coordinator
Dept. of Social Services | Dr. James C. Norton
Administrator
UK AHEC Office |
| Dr. Margaret Anderson
Chair, Department of Nursing
Northern Kentucky University | Donna Durham
Catholic Social Services | Mark Johnson
Lexington—Fayette Co. Health Department | Dr. John Poundstone
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| Don Buecker
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UK Dept of Family Practice | Andrew Twehues
UK Medical Student |
| Chris Carle
Administrator,
St. Elizabeth Medical Center-Grant County | | | Jason Wallace
Pharmacist |