NORTH CENTRAL AHEC
Area Health Education Center

COMPASS

Pointing the Way to Health

Spring 2010 | Volume 8 | Issue 1

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

Health Careers Expo Targets Middle-School Students

On March 12th, The NC AHEC joined forces with the GEAR UP Kentucky program to provide a career exploration day for 8th grade students from Newport Middle School. The 4th "GEAR UP Health Careers Expo," designed to help students examine various health careers, took place on the Edgewood campus of Gateway Community and Technical College.

The 85 students were all participants in GEAR UP (Gaining Early Awareness and Readiness for Undergraduate Programs) Kentucky, a federally-funded program that encourages middle and high school students to stay in school, study hard, and prepare for and go to college. GEAR UP Kentucky is focused on improving the skills of at-risk students and influencing their educational choices through enhanced guidance and support. GEAR UP Kentucky also helps students prepare and plan for college and become aware of financial aid opportunities.

GEAR UP Kentucky students display the tee shirts they received at the Health Careers Expo

Local health professionals and medical students volunteered their time to lead discussions and answer questions about health care. A variety of hands-on activities let students practice some of the techniques and tools used in each profession.

Deborah Turner, Director of Physical Therapy at St. Elizabeth - Florence, described the roles of the physical therapist and physical therapy assistant, and

(Continued on page 2)

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.**

Health Careers Expo Targets Middle-School Students *(cont.)*

(Continued from page 1)

Students practice immobilizing "crash victims" as part of a hands-on activity

demonstrated some exercises used in rehabilitation. She brought "theraputty" and an electrical muscle stimulator for the students to examine.

Dan Matthew, a paramedic with the Covington Fire Department, talked with the students about the role of emergency responders. He used a mock car crash scenario to demonstrate the immobilization of crash victims.

Del Procter and Becky Popham, medical students at Pikeville College School of Osteopathic Medicine, talked with the students about universal precautions in health care. Students learned about the gowning and gloving necessary when giving care or providing first aid.

Students examine organ models after donning protective clothing

Laura Pears, Health Career Coordinator for the NC AHEC, described the role of dietitians and nutritionists in providing health care. She used a visual display of the amount fat and sugar in snacks and fast foods to encourage the students to improve their diets.

Students were very enthusiastic about the day's activities, and several said they wanted to pursue a career in health. Evaluations from the teachers were very positive.

Dr. Besson Receives Community Preceptor Award

Dr. Stephen Besson, an internal medicine/pediatrics physician who practices at Licking Valley Internal Medicine and Pediatrics in Cynthiana and Carlisle, was recently honored with the Community Preceptor Award by the UK College of Medicine. Dr. Besson, who has been teaching medical students and physician assistant students in his clinic since 2002, was selected by the medical students in the graduating class of 2010. The award, presented during the Senior Awards Brunch May 15th in Lexington, recognizes Dr. Besson for his excellent teaching and mentoring of the medical students who have worked with him.

Dr. Besson grew up in Zambia as the son of missionaries. He attended David Lipscomb University in Nashville and graduated from Loyola University of Chicago School of Medicine. He completed an internal medicine/pediatrics residency at the University of Kentucky and joined Dr. Frank McKemie in the Cynthiana practice. Both he and his wife are very active in civic and church affairs, in addition to raising 3 girls. Dr. Besson participates in medical missions to Central America every other year.

Dr. Besson, who has students studying with him almost continuously, says that he finds teaching very enjoyable and challenging, and likes the fact that "students keep me up to date." With this award, it is obvious that medical students also enjoy and appreciate his teaching skills.

Health Career Club Helps Students Plan for a Career

A new student club at Holmes Middle School in Covington has been helping students in grades 6-8 learn about and plan for a career in health. The Health Career Club was originally started in 2008 at Two Rivers Middle School in downtown Covington, but moved to Holmes Middle School when the two schools merged in 2009. The club, which met once a month after school, started with an initial group of ten students. Laura Pears, Health Career Coordinator for the NC AHEC, planned and led all the club meetings. A different topic or health career was presented each month. Topics have included surgery, universal precautions, and health careers such as dental hygienist, X-ray technologist, and paramedic.

Covington paramedics demonstrated life-saving techniques and equipment for Health Career Club students

Health Career club students learned about protective clothing used in health care settings

Students learn about the requirements for a health career, schools that offer the program, salaries and working conditions, and the job outlook. Hands-on activities engage the students in active learning.

According to Pears, "The students are always really excited about the activities, and several have indicated they are definitely going to work toward a health career." Ms. Patty Velten, club sponsor, and Family Resource Center staff at Holmes Middle School assisted with club logistics. Pears hopes that the health career club becomes a permanent offering at Holmes.

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

Jim Ballard, M.S.
Associate Program Administrator
UK AHEC Office

Siobhan Barone, Ph.D.
Chair, Department of Biology
Thomas More College

Michael Bonomini
UK PharmD Student

Mark Boyd, M.D.
Family Medicine Residency
St. Elizabeth Medical Center

Don Buecker, B.S.
Medical Recruiter

Chris Carle, M.S.
Administrator
St. Elizabeth Healthcare, Florence

Susan Fister, Ph.D., R.N.
Executive Director
Bluegrass Community Health Center

Kathy Gavin, M.Ed., C.H.E.S.
Northern Kentucky Health Dept.

G. Edward Hughes, Ph.D.
President / CEO
Gateway Community and Technical College

Rebecca Moening, R.N., M.Ed.
Retired Educator

James Norton, Ph.D.
Program Administrator
UK AHEC Office

Denise Robinson, Ph.D,. R.N., F.N.P.
Interim Chair
College of Health Professions
Northern Kentucky University

Benita Utz, M.S.N., A.P.R.N.-B.C.
Vice President, Patient Services
St. Elizabeth Healthcare, Florence, Ft. Thomas, Falmouth

Jason Wallace, Pharm.D.
Pharmacist

Beth Warning, M.S., M.T.(ASCP), CLS (NCA)
Education Supervisor, Laboratory
St. Elizabeth Medical Center

Katie Williams
Family Resource Center Director
Holmes Middle School

1030 Old State Road
Park Hills, KY 41011
(859) 442-1191

Black & Williams Neighborhood Center
498 Georgetown St.
Lexington, KY 40508
(859) 281-6086

AHEC: Promoting the Common Health throughout the Commonwealth

North Central AHEC Staff

Park Hills
Administrative Office

Evelyn "Karkie" Tackett
Center Director
(859) 442-1193
evelyn.tackett@kctcs.edu

Rose Mueller
Assistant Center Director/
Clinical Coordinator
(859) 442-1194
rose.mueller@kctcs.edu

Sarah Hughes
Special Projects Coordinator
(859) 442-1192
sarah.hughes@kctcs.edu

Laura Pears
Health Education /
Career Coordinator
(859) 442-1115
laura.pears@kctcs.edu

Juliana McGuinn
Program Coordinator for
Underserved Populations
(859) 442-1109
juliana.mcguinn@kctcs.edu

Mary Lou Sudkamp
Office Coordinator
(859) 442-1191
marylou.sudkamp@kctcs.edu

Lexington Office

Rosa Martin
Community Programs Director
(859) 254-6189
rosa.martin@kctcs.edu

Mily Ralsten
Community Programs Assistant
(859) 281-6086
mily.ralsten@kctcs.edu

www.nckyahec.org

Health Careers Camp Scheduled for Edgewood

The Gateway to Health Careers Camp, a hands-on interactive program for high school students in northern Kentucky, has been scheduled for June 14-17 at the Edgewood campus of Gateway Community and Technical College. The camp, designed to inform students about opportunities in health care, is a joint project of the NC AHEC and Gateway. Activities will include talks with area health professionals, viewing a live surgery via teleconferencing, many hands-on activities, and visits to various departments at St. Elizabeth Healthcare in Edgewood. The free camp will provide snacks and lunch to the participants. For more information, contact Laura Pears, Health Careers Coordinator for the NC AHEC at (859) 442-1115 or by email at **Laura.Pears@kctcs.edu**.