

HealthLinks



A Quarterly Newsletter From
Catskill Hudson Area Health Education Center

November 1, 2005

Proud to be an AHEC



Dave Prete
R-AHEC Regional Coordinator

Like so many of you who watched the devastating aftermath of Hurricane Katrina (and later Rita), the CHAHEC staff discussed ways in which we could help. What started out as a simple idea, became so much more and involved so many people, we just had to share the story with you.

We contacted Susan Moreland, Executive Director of North Louisiana AHEC (NLAHEC), hoping to get an idea of how to be most effective in assisting the Gulf Coast. Susan explained that displaced victims were being housed throughout the Louisiana urban and rural centers and NLAHEC was assisting in the organization and distribution of supplies and equipment that were needed throughout these centers. Specifically, they were in dire need of medical supplies.

After our conversation with Susan, we immediately sent out e-mails to the other New York AHECs (many of which had already started their own relief efforts), our Board Members, program affiliates, family, friends and anyone else who we thought could assist us in our efforts or inform their connections of the NLAHEC needs.

Responses began coming in right away. We suggested to many of our respondents who were able to send supplies directly to NLAHEC, that they contact Susan Moreland personally to avoid any delay in getting supplies and information to those in need. In doing so, CHAHEC was not able to track all the donations that came of this request, but the following stories that we were able to track were a tremendous testament to the power of the AHEC community:

• Dr. Catherine Kelly of SUNY New Paltz took our request a step further in her class, *Current Issues in Health Education*. Dr. Kelly thought that finding the materials we had requested would be an excellent assignment for her class. Once she presented the “opportunity” to them, they were very eager to get started. The students immediately began discussing the needs of the survivors, the issues of the children, the difficult environment they were now living in and the conditions in relation to the supplies they would send. Dr. Kelly gave them a week to find educational materials and supplies, at which time the students brought supplies of toothbrushes and toothpaste, sterile gloves, small, brightly colored foam dispensers, hand wipes, waterless soaps, hand washcloth puppets, children’s posters on hand washing and more. They brought enough to fill six large boxes.

Some comments from students and faculty: “It is very healing to be able to do something about it and help alleviate the suffering of others.” “I was proud and honored to have been involved in this project.” “We have family in New Orleans. Thank you for all your hard work and commitment.” “It’s nice to know that we can all come together at times like these and give what we have to help.”



SUNY
New Paltz
Nursing
Students
with their
donations
in front of
the Catskill
Hudson
AHEC
office.

A Partner in the New York State AHEC System

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Proud to be an AHEC *(continued from page 1)*

- Although Western New York Rural AHEC had already begun their own efforts, Joyce Horner, Program Assistant for R-AHEC, said she'd see what they could do. She quickly called back to let us know that they were able to send another shipment of medical supplies.
- Connie Jastremski, MS, RN, Chief Nurse Officer of Bassett Healthcare, contacted us offering to send medical supplies and equipment donated by Bassett.
- Sharon Dettenrieder, MSN, RN, Chair, Department of Nursing of Hartwick College informed us that their Nursing Department offered to enroll displaced nursing students from the affected area. The College is looking into sending volunteer teams from the college in January and, since their students were eager to get involved, they are working toward conducting a fund raising effort.
- Steve Kelley, President & CEO of Ellenville

Regional Hospital, informed us that the Western Mohegan Tribe and Nation, in conjunction with the Salvation Army, the NAACP, the Red Cross and local churches and organizations, had offered to house up to 200 people for up to 4 months at the Tribe facility in Greenfield Park, NY as soon as they obtain the necessary town permits.

- Mike Murphy, Ph.D., Program Director for the Health Sciences Programs at SUNY Cobleskill was able to send a supply of sterile syringes and needles of various gauges and volumes and medical supplies donated by his Medical Career Club.

The CHAHEC staff would sincerely like to thank every person and organization who responded to our request and assisted Susan Moreland in her efforts. As Mike Murphy wrote in an e-mail to Susan Moreland, "This definitely demonstrates the enormous help that the AHECs can provide in coordination with each other."

Middle School Healthcare Career Exploration



On May 23-25, 2005, Ulster BOCES conducted a Middle School Healthcare Career Exploration Program, designed to provide approximately ten students from school districts throughout the CHAHEC region an opportunity to experience the various health careers in a hospital and ancillary healthcare setting. The students were met by the New Visions Health Occupation hosts at each of the locations.

Eighty-three attendees explored 18 health careers at 12 health care sites. Participating schools were Highland Middle School, Roundout Valley Middle School, Wallkill Middle School and Onteora Middle School. The students from these schools visited both The Kingston Hospital and Benedictine Hospital and we learned that, overall, their favorite departments at the hospitals were Obstetrics, Intensive Care and the Emergency Department. The professions that the students were most interested in were Physicians, Registered Nurses, Physical Therapist, CNA, Nurse Practitioner and Physician Assistant.

We received great results from these enthusiastic students, whose post-tests returned a 91.5% accuracy rating.

Nursing Summit 2005

On August 16, 2005, fifty-five practicing nurses, nurse educators and healthcare professionals attended the Nursing Summit 2005 in Albany, New York, representing all eleven counties of the Catskill Hudson AHEC territory. The goal of the Summit was to bring together leaders in nursing education and practice to begin a dialogue about partnering with Catskill Hudson AHEC in the development of programs to educate, recruit and retain nurses.

Presenters included:

- Sharon Dettenrieder, MSN, RN
Professor and Chair, Department of Nursing, Hartwick College
- Connie Jastremski, MS, MBA, RN, ANP-CS, FCCM
Chief Nursing Executive of Bassett Healthcare
- Coy Smith, ND, RN, MSN, CNAA
Vice President of Patient Care Services, Benedictine Hospital
- Maureen Creegan, EdD, RN
Director and Professor, Division of Nursing, Dominican College



Presentation topics included:

- “Partnering for Success”
- “Magnet Recognition: What Does it Mean?”
- “Creating a Professional Practice Environment That Retains and Grows RNs”
- “Articulation: Time to Connect”

The afternoon was dedicated to breakout sessions for roundtable discussions on “Barriers to Faculty Recruitment,” “Urban vs. Rural Nursing Issues,” “Make the Workplace Friendly” and “Innovative Approaches to Connecting Nursing Service with Nursing Education.” The information gathered from these breakout sessions will assist CHAHEC in developing future programs and continuing education series to address these issues. The program evaluations were excellent and, as an outgrowth of this endeavor, the participants were eager to get information on future continuing education programs and conferences.



EMS Leadership Academy - Session II

On November 12th, Catskill Hudson AHEC, Central New York AHEC and Hudson-Mohawk AHEC will sponsor Session II of a two-part series of the EMS Leadership Academy at the Best Western Inn of Cobleskill. Topics will include Recruitment, Retention, Volunteer Management, Assertiveness Training, Conflict Resolution and Conducting Performance Evaluations. The agenda, full course descriptions, speakers list and speaker biographies are available on the following web-sites: www.catskillhudsonahec.org, www.cnyahec.org and www.hmahec.org.

For more information, please contact Catskill Hudson AHEC at (845) 883-7260 or log onto our website at www.catskillhudsonahec.org/events.html.

Other CHAHEC sponsored Continuing Education Programs are Delaware Valley Hospital, *Enhancing Quality through BCLS, ACLS, ATLS, PALS & TNCC Training Program*; Bassett Healthcare, *12th Annual Critical Care Conference*; and Bassett Healthcare, *Palliative Care Certification*.

RN Refresher Course

The Mary Imogene Bassett Hospital concluded its RN Refresher course on September 6, 2005. The project goal of this course was to offer a comprehensive RN Refresher course to RNs who have been out of hospital-based nursing practice. As a result, non-practicing nurses would return to practice in healthcare settings. Sixteen RNs from counties throughout the CHAHEC region enrolled in the 6-week program which combined classroom lectures, practice labs and clinical experiences. Lecturers included Bassett Nurse Educators as well as nursing faculty from SUNY Delhi, Hartwick College and Otsego BOCES.

A follow-up survey will be taken to learn if participants in this course have or plan to return to nursing practice.

Other CHAHEC-sponsored programs that address the nursing shortage or other nursing issues are the Mid-Hudson Family Health Institute *RN Mentoring/Staff Development Program*, the Bassett Healthcare *Nursing Clinical Preceptor Program*, the Hartwick College *Summer Accelerated RN Degree Program*, the Office of Employment & Training *Certified Nurse Aides & LPN Training Program* and the Sullivan County Public Health Services *RN Competency Program*.

Nurse Camp

The Dutchess Community College Adventures in Nursing day camp was held at the College from July 11-15, 2005. Nine boys and girls between the ages of 12 and 15 met from 9:00AM to 2:00PM to explore their interest in becoming a Registered Nurse. The short term goal was to have the children complete the week's planned activities and "graduate" with a more thorough understanding of the role of the nurse. This goal was met through field trips to Vassar Brothers Medical Center and St. Francis Hospital, where the students toured the Maternity Ward, ER, Radiology Department and Operating Room. They were also taken on an outdoor hike at a local park to learn about heart healthy exercise as well as sun safety and the prevention of Lyme disease. During the tour of the hospitals, campers learned about wound care, IV care, stethoscope use, the Snellen eye chart and a variety of other nursing skills.

At the camp's completion, the campers unanimously agreed that nursing is a career they are definitely interested in and will consider in the future.



M*A*S*H Camp



*Middle-school students participate in healthcare procedures at the Delaware Valley Hospital M*A*S*H Camp*

Delaware Valley Hospital (DVH) conducted their very first M*A*S*H Camp in July. This successful 2-day program involved seven (7) middle and high school students from Schoharie, Delaware, Sullivan and Otsego counties. DVH department managers were so enthusiastic about the M*A*S*H camp that 22 departments participated in the program. As a result, 100% of the camp participants stated that they were now considering a healthcare career. Ten percent stated that they would consider working at DVH in the future and many of the students wanted a follow-up experience, such as shadowing.

Other very successful M*A*S*H Camps sponsored by CHAHEC were Catskill Regional Medical Center's M*A*S*H Camp (Healthcare Behind the Scenes) which covered 8 regional school districts in the Catskill Hudson AHEC's territory and involved 63 campers, and Benedictine Hospital's BENECAMP which involved 19 middle school students in a 4-day healthcare career experience.

CHAHEC's Mission

The Catskill Hudson Area Health Education Center (CHAHEC) enhances the quality of, and access to, healthcare in its 11-county region using collaborative relationships that support education initiatives that improve the availability, quality, geographic distribution and retention of healthcare personnel. We help provide health career and continuing education opportunities and a diverse, motivated workforce that meets the needs of health providers and underserved communities.



CHAHEC's Staff Members

Kathryn R. Reed, CMPE, Executive Director
 Katherine Murphy, Project Coordinator
 Kirsten Carle, Administrative Assistant
 Jennifer Earle, Special Projects Coordinator

CHAHEC's Board of Directors

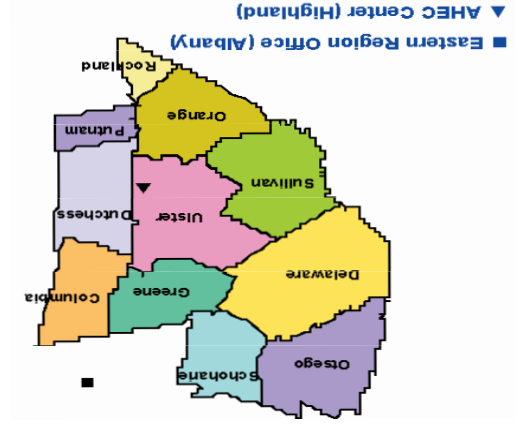
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 Karen Dietz — St. Luke's Cornwall Hospitals
 Susan Koppenhaver—Eden Park Healthcare
 Sharon Dettenrieder — Hartwick College
 Barbara Hill—Hudson River Healthcare
 Michael Murphy — SUNY Cobleskill
 Thomas Nolen — SUNY New Paltz
 Nancy Noonan — ONC BOCES
 Dianne Sleight — Ulster BOCES
 Maureen Creegan — Dominican College
 Laurie Neander — At Home Care, Inc.
 Mary Pat Lewis — SUNY Delhi



Catskill Hudson Area Health Education Center



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 Highland, New York 12528



The Catskill Hudson Area Health Education Center (CHAHEC) is a partner in the New York State AHEC system and is comprised of an eleven (11) county region, which includes Delaware, Dutchess, Columbia, Orange, Otsego, Putnam, Rockland, Schoharie, Sullivan and Ulster counties. We are affiliated and work with the other eight (8) New York AHECs, which include Northern AHEC, Hudson-Mohawk AHEC, Bronx-Westchester AHEC, Central New York AHEC, Brooklyn-Queens-Long Island AHEC, Western New York Rural AHEC, Erie Niagara AHEC and Manhattan-State Island AHEC. For further information on any of these AHECs and the counties they serve, log onto the New York State AHEC website at www.ahec.buffalo.edu.