



Oregon

Area Health Education Center



2018-2019

Annual Report



DIRECTOR'S GREETING

Hello, and welcome to the first Oregon AHEC Annual Report. I am pleased to provide you with an overview of Oregon AHEC's state-wide activities from the

past year. This year 2,785 students in grades 9-16 participated in a variety of pathway programs, we welcomed our second group of AHEC Scholars for a total of 183 interprofessional students, and supported 913 providers in continuing education programs. None of this would be possible without our strong network of dedicated institutional and community stakeholders across the state, and we cannot thank you enough for your partnership. I hope you enjoy the 2018–2019 Oregon AHEC Annual Report.

Best,

Curt Stilp, Ed.D, PA-C

Director, Oregon AHEC

Meet our new Oregon AHEC Deputy Director!

In February of this year, Dr. Eric Wiser joined us as the Oregon AHEC Deputy Director. Dr. Eric Wiser is an Assistant Professor in OHSU's Department of Family Medicine where he serves as Director of Medical Student Rural Education and sees patients at OHSU Gabriel Park Clinic. As the son of two public school teachers, he values education and believes that patients should know as much about their health as their provider, and he tries to eliminate any barriers that patients may encounter while navigating this complex medical environment. Dr. Eric Wiser's primary role is supporting the AHEC program office in different activities and initiatives along with serving various leadership roles at events and meetings across the state. We are delighted to have him as part of our Oregon AHEC team!





OUR PROGRAMS

Diagnosis Day

A one day experience at St Charles, Bend campus, students from rural and Central Oregon with an interest in health care careers follow a patient from incident – to ambulance – to emergency room throughout the entire hospital experience. Students receive a hands-on-experience with an advanced simulation manikin.

Future Health Professionals of Oregon

FHPO is delivered through Eastern Oregon University's Canvas platform, and facilitated by approved high school teachers at select Oregon schools. Students taking FHPO are exposed to contemporary topics in healthcare, complete 12 hours of healthcare job shadows (or a comparable community project), and research a multitude of health careers.

Girls in Science

An annual event at Eastern Oregon University that provides girls in grades 6-8 with an exciting day of hands-on STEM exploration. This program allows students to dive head-first into an engaging science mystery that explores topics in chemistry, biology, mathematics, and computer science. Watch for annual application instructions and details.

Health Occupations

High school students who are participating in their schools' health occupations or biomedical foundations explore careers at St. Charles Health System (SCHS). Students go through a mandatory 3 hour onsite orientation at the hospital. Many schools offer college credit for students who participate and community medical providers spend time with students interested in health professions.

Health Speaker Series

In conjunction with Eastern Oregon University, the goal of the speaker series is to promote health careers, educate guests about the vast variety of health career options available and the preparation needed for these careers – and answer questions that attendees might have. It provides invaluable networking opportunities between students and current healthcare professionals (or graduate students pursuing medical careers).



OUR PROGRAMS *(cont.)*

Job Shadow

In cooperation with OHSU School of Nursing, COMP-Northwest, and Providence various job shadowing opportunities exist for prospective students to learn about the healthcare field through tours, interactive simulation labs, and surgical viewings.

MedQuest

This immersive camp on the Eastern Oregon University campus and surrounding community exposes high school students to the exciting world of healthcare. Campers complete job shadows with health professionals, participate in panel discussions and local recreational activities, and meet like-minded students from all over the state. Depending on the nature of their job shadows, students may also have the opportunity to witness a surgery, sit in on medical exams or procedures, ride along on an ambulance call, help patients, witness the diagnostic process, and much more.

MedStars

A week-long residence camp for diverse and underserved high school students in Central Oregon. Students engage with and explore the vast career opportunities available in health care. Meant to inspire and nurture students' curiosity about the intricate health care systems through various hands-on activities, learning simulations, daily career speakers and lecture series.

Next Steps

Provides healthcare career and education exploration for interested college students and helps to bridge the gap between high school and professional-level education for our diverse students.

Pathways

Connecting students directly to healthcare providers and employers. College and career readiness workshops provide assistance to high school students in prepping for completing college, scholarship and employment applications pursuing a career in the field of health. Additionally, Pathways students can attend two health career fairs offered at Oregon Coast Community College and Chemeketa Yamhill Campus.

Reconnect Scribe Program

Graduates from Bachelor programs are employed full-time as medical scribes in a rural clinical setting as they are simultaneously gaining patient- contact hours. This often fills a gap-year while they are applying to advanced health profession programs.

STUDENT QUOTES



"My experience as a Next Steps Summer Camp Counselor was significantly positive and rewarding. Many activities were completed at the camp such as financial aid presentations, BLS certification, scholarship writing workshops, health profession program tours and overview, and dorm life experience. I was able to be a mentor for first generation high schoolers pursuing higher education. It was great to hear each students' goals and dreams; I myself was in that position, not that long ago, and it was special to be a part of something that prepares and encourages students to continue on this journey."

**—Omar Vargas,
PacificU PharmD Student**



"I cannot say enough about my time in Madras, Oregon on my 3 month AHEC Scholars rotation in Family Medicine. I was privileged to experience the full spectrum of family medicine: I delivered babies, assisted with C-sections, participated in colonoscopies, saw countless patients in clinic and in the hospital, was permitted to perform outpatient procedures, and formed meaningful relationships. Not only with patients, medical assistants, and physicians, but within the community as well. In my free time, I coached soccer to the most passionate, fun loving, hard working group of girls."

**—Emma Felzien,
OHSU MD student**



"NEOAHEC programs gave me a chance to explore my interests, ask for advice on how to reach my goals, network with mentors, and learn much more about other healthcare professionals. Be open-minded when you come into NEOAHEC programs about your career path. It will either solidify why you choose that to begin with, or it will completely open your eyes to something you'd never thought about."

**—Alix Melton, 2011 – 2015 MedQuest Counselor,
OHSU MD Student**

AHEC SCHOLARS

AHEC Scholars is a national program grant funded through the Health Resource & Services Administration (HRSA). The program is intended for health profession students who are serious about pursuing careers with rural and/or underserved communities after graduation. AHEC Scholars students are instructed in concepts of Interprofessional Education (IPE), patient safety, social determinates of health, behavioral health integration, cultural competency, and practice transformation in a series of in-person and/or web-based didactic sessions designed to enhance their understanding of rural and underserved health care.

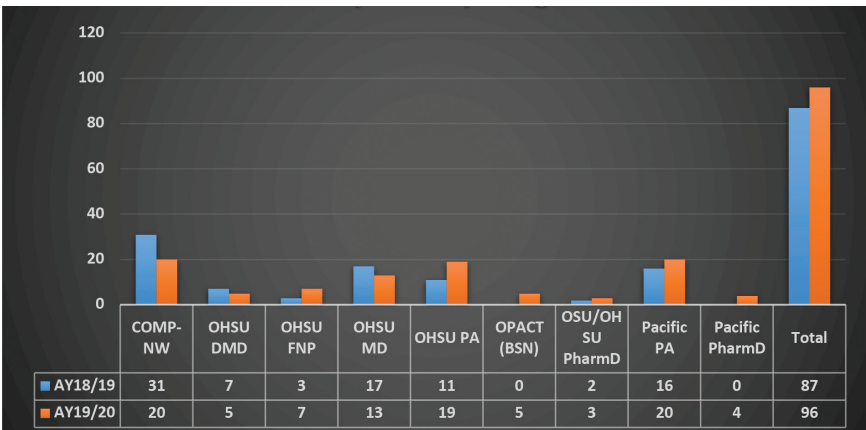


From left to right; Ryan Nesbit, Caroline Jolley, Marta Schenck, Kara Konigsfeld, Kassel Galaty, Dr. Eric Wiser, Alex Ninneman, Katie Cobb presented community projects at the Oregon Academy of Family Physicians Annual meeting at Skamania Lodge, May 2019

“Spending four weeks in a rural emergency room allowed me to see the problems that affect rural medicine and also the capability of the human spirit to overcome these difficulties, and give the very best care to every patient. I left feeling capable of positively affecting the care in rural Oregon.”

—Bethany Kobza, AHEC Scholar and DO Student COMP-Northwest

AHEC SCHOLARS BY SCHOOL/PROGRAM



OPIOID USE DISORDER EDUCATION & TRAINING

In the fall of 2018, HRSA awarded AHECs with supplemental funding to improve access to opioid & other substance use training. The supplemental grant funds were divided among four of our regional Centers to support local opioid programs and activities in rural and underserved communities. A brief summary of the regional Center's activities is below:

AHEC of Southwest Oregon (AHECSW) partnered with Douglas Public Health Network (DPHN) to fortify and expand community training, for health care, social service and education sector employees, as well as families. AHECSW also sponsored the "HOPE Summit" and supported a "lunch and learn" series aimed at recognizing opioid abuse and learning how to intervene for families where substance use is a concern.

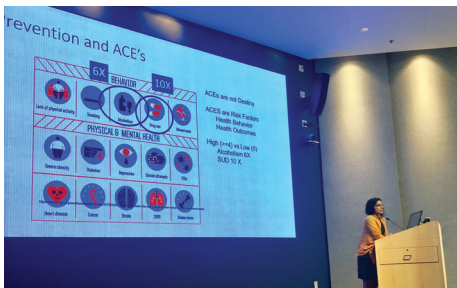
Cascades East AHEC (CEAHEC) supported the work of the Pain Standards Task Force in Central Oregon by supporting three events in the fall of 2018. Included were the first two events designed specifically for pharmacists. In addition, CEAHEC sponsored PSTF's 3rd annual Pain 101 conference.

Northeast Oregon AHEC (NEOAHEC) was a key sponsor for the Eastern Oregon Conference on Pain, Trauma, Opioids, & Other Drugs held in Pendleton. Additionally, NEOAHEC will continue its work with the Eastern Oregon Coordinated Care Organization (EOCCO) to implement an educational pathway for Community Health Workers (CHW) and Peer Support and Recovery Specialists focused on Naloxone administration and Medication-Assisted Treatment (MAT) basics.

Oregon Pacific AHEC (OPAHEC) partnered with COMP-Northwest to host a training on a new pain interpretation scale, the PCS-9 which included a special 1 hour seminar for AHEC Scholars students. OPAHEC also supported a PainWise Summit. Collaboration from the summit resulted in production of a CME/CE video series on alternatives to opioids in the treatment of pain.

The Oregon AHEC Program Office hosted and produced the "Oregon AHEC Opioid Symposium." The day-long CME/CE symposium highlighted the regional Center activities along with experts in the field of opioid abuse and treatment to rural and underserved populations. In addition

to the in-person symposium we live-streamed to four remote locations throughout the state. In total this year we provided Opioid Use Disorder education and training for an estimated 1,100 health care professionals, law enforcement, students, and community members across 20 different communities in Oregon.



Oregon AHEC System

Oregon Pacific AHEC

www.opahec.org

Hosted by Samaritan Lebanon Community Hospital, the Center serves communities along the Oregon Coast and I-5 Corridor, including the counties of Benton, Clatsop, Columbia, Lincoln, Linn, Marion, Polk, Tillamook and Yamhill.

AHEC of Southwest Oregon

www.healthyoregon.com

Located in Roseburg, the center provides services to the counties of Coos, Curry, Douglas, Lane, Jackson and Josephine.



Oregon
Area Health Education Center

Oregon AHEC
Program Office
Hosted by OHSU

Oregon Healthcare Workforce Institute

www.oregonhwi.org

Serving Clackamas, Multnomah and Washington Counties

Northeast Oregon AHEC

www.eou.edu/neoahc

Located on the campus of Eastern Oregon University in La Grande, the center serves Baker, Gilliam, Hood River, Malheur, Morrow, Sherman, Umatilla, Union, Wallowa, Wasco and Wheeler counties.

Cascades East AHEC

www.cascadeseast.org

Hosted by St Charles Health System in Bend, the Center serves Central and Southeastern Oregon and includes Crook, Deschutes, Grant, Harney, Jefferson, Klamath, and Lake counties plus the Warm Springs Indian Reservation.

For more information on Oregon AHEC visit: www.ohsu.edu/xd/outreach/ahc

Oregon AHEC Regional Centers

AREA HEALTH EDUCATION CENTER OF SOUTHWEST OREGON

AHECSW | www.healthyoregon.com

CASCADE EAST AREA HEALTH EDUCATION CENTER

CEAHEC | www.cascadeseast.org

NORTHEAST OREGON AREA HEALTH EDUCATION CENTER

NEOAHEC | www.neoahc.org

OREGON HEALTHCARE WORKFORCE INSTITUTE

OHWI | www.oregonohwi.org

OREGON PACIFIC AREA HEALTHCARE EDUCATION CENTER

OPAHEC | www.opahec.org

OREGON AHEC PROGRAM OFFICE

ahc@ohsu.edu | www.ohsu.edu/area-health-education-centers

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under U77HP03052 Model State Area Health Education Centers.



Oregon AHEC Organization 2018-2019 Federal Annual Report Highlights

Enhancing access to quality healthcare, particularly primary and preventive care, by improving the supply and distribution of healthcare professionals through community/academic educational partnerships.

2,642

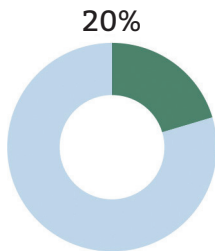
Structured program participants

Pathway programs expose students to health careers and develop intent to pursue postsecondary education in primary healthcare professions.



2,785

grades 9-16 students
(many thousands more participated at the K-8 level)



from rural backgrounds

from disadvantaged backgrounds



46%

Clinical training improves readiness, willingness, and ability of health professions trainees to serve in primary care, rural and underserved community settings.

facilitated

77

rotations

As well as **23** family medicine residency rotations

70

health professions students placed in rural and underserved locations

- **48** medical students
- **3** nursing students
- **7** dental students
- **27** physician assistant students
- **2** pharmacy students

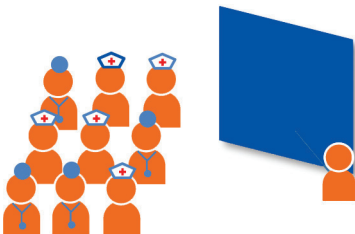
Training sites used include:

- **31** primary care setting
- **32** located in a medically underserved community
- **30** located in a rural area



Continuing education programs

address key issues in health professional shortage areas by providing health professionals with access to resources that support practice, reduce professional isolation, disseminate best practices, and improve quality of healthcare for medically underserved communities and health disparities populations.



1,200

continuing education participants