



**Oregon**  
*Area Health Education Center*



2019-2020  
**Annual Report**



## DIRECTOR'S MESSAGE

In the past year the world around us has changed. We have an active pandemic, major portions of our State were ablaze, unemployment is at an all-time high, state and institutional budgets have been cut, and we have seen social unrest. The world inside AHEC is changing as well. I have become the Interim Director of Oregon AHEC Program Office since January and we have seen several long term staff members retire. Additionally Debbie Cole, the Director of Cascades East AHEC (CEAHEC) has retired and we will miss her leadership. With these changes comes excitement that we may adapt to the new world we find ourselves in.

As a whole, the Oregon AHEC is rising to the challenge of adapting to this new landscape. We have received additional HRSA grant funds to support our healthcare systems through the COVID pandemic. Each center has wonderful plans to use these funds to support their communities. We have successfully graduated our first class of AHEC Scholars this spring. Our second cohort of scholars have resumed their clinical education. Despite limited in-person interactions the third AHEC Scholar cohort is the largest to date. Many of our Centers have adapted their past in-person programming to remote and safe digital offerings.

These adaptations are not done without partnerships. Oregon Healthcare Workforce Institute (OHWI) has finalized its partnership and is now hosted by Pacific University. AHEC of Southwest Oregon (AHECSW) is currently engaged with talks with Aviva Health to do the same. Aviva Health is a network of Federally Qualified Health Centers in the Roseburg area that is also the host of the Roseburg Family Medicine Residency.

The Center Directors of AHECSW, OHWI and the Program Office have begun a journey to create digital learning modules for each AHEC Scholar. The Program Office and Oregon Pacific AHEC (OPAHEC) have partnered with Tend Health to deliver CME curriculum to fight provider burnout by increasing resiliency. An additional project between the Program Office, OPAHEC and Healthy Minds Alliance is hosting an AmeriCorps member to train youth and adults in suicide prevention. Work continues with Northeast Oregon AHEC (NEOAHEC) and CEAHEC on preceptor recruitment. The AHEC Program Office, OHSU Department of Family Medicine and the Oregon ECHO Network is developing the AHEC Preceptor ECHO. This program will help further develop clinical teaching skills across the state. Much has changed in the last year and I suspect much will change in the year to come. I am confident that we will continue to meet these demands together.



## 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



*"Coming from a rural background, and seeing the impact of healthcare shortages, inspired me to pursue a career in rural medicine.*

*I applied and became an AHEC Scholar, which was one of the best decisions in my medical training. The AHEC program has filled a lot of gaps in my education that were otherwise missing from the traditional medical school curriculum. This includes topics like models of practice, mental health practice integration, social determinants of health in the rural setting, and others. Having a longitudinal rotation allowed me to really get a feel for how rural physicians practice, and what their lives look like outside of work, which really solidified that rural medicine was the right choice for me. The relationships and knowledge obtained through AHEC are irreplaceable."*

**—Derek Wiseman,  
OHSU MD Student**



*"My passion for my culture, its people and customs has led me to healthcare. Seeing the need for more education in preventable chronic disease has kept me going when school gets tough. I aspire to educate the underserved community and erase the language barrier that sometimes exists between patient and provider. Being fluent in Spanish and a native speaker gives me hope that I will reach my goal."*

**—Blanca Piñon,  
PacificU PharmD Student**

*"I loved watching Dr. Abdala's video about his experience in medical school as a Latin student. He explained how beneficial it is to come from a diverse background as it can help you become more open minded to other's lifestyles and beliefs and focus on the primary objective, which is the patient's care. Also, he discussed that working hard and being passionate helps lead you in a positive direction towards your goals and aspirations," mentioned another camper.*

**—(NEOAHEC MedQuest Camper)**

# AHEC SCHOLARS



AHEC Scholars is a longitudinal, interdisciplinary program for health professions students with a defined set of clinical, didactic and community-based training activities in rural and/or underserved areas. The program is a partnership between the following programs:

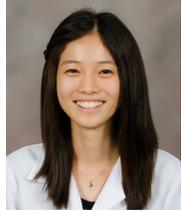
- Oregon Health & Science University (OHSU)**
  - School of Dentistry
  - School of Medicine - M.D.
  - School of Medicine - P.A.
  - School of Nursing - B.S.N. (OPACT)
  - School of Nursing - N.P.

**OHSU & Oregon State University**  
College of Pharmacy

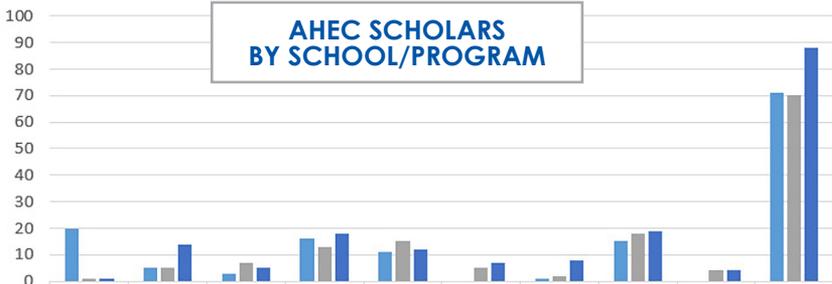
**Pacific University**  
College of Physician Assistant Studies  
College of Pharmacy

**Western University of Health Sciences**  
College of Osteopathic Medicine of the Pacific Northwest

*"To properly serve the healthcare needs of underserved populations, having the right platform, processes, and language to deliver care is just as important as willingness to deliver. I hope to continue learning about how I can contribute to these communities where better access to education and disease prevention can make such a huge impact on quality of life."*



—Jessica Liu, OHSU DMD Student



	COMP-NW	OHSU DMD	OHSU FNP	OHSU MD	OHSU PA	OHSU BSN	OSU / OHSU PharmD	PacificU PA	PacificU PharmD	Total
AY18/19	20	5	3	16	11	0	1	15	0	71
AY19/20	1	5	7	13	15	5	2	18	4	70
AY20/21	1	14	5	18	12	7	8	19	4	88

## AHEC SCHOLARS (cont.)

In cohort 1, seventy-one (71) students completed the program and graduated their degree program (67 have graduated and 4 are anticipated to graduate in 2021). This represents more than **10,600 hours of team-based experiential and didactic training** focused on preparing them to address the specific healthcare needs of rural and underserved Oregonians.

### **Current enrollee data:**

157 health professions students enrolled

- 8% are Veterans
- 32% identify as under-represented minority
- 36% from a disadvantaged background
- 64% from a rural background

### **Program Highlights:**

- Recruited two new programs to participate; OHSU Bachelor of Science in Nursing, La Grande and PacificU Doctor of Pharmacy, bringing the total to nine
- Presentation on "How Team-Based Are We? An Assessment of Teamness in Rural and Underserved Clinics" at the Oregon Rural Health Conference, based on data by AHEC Scholars host clinics
- Sponsored AHEC Scholars student presentations at the Oregon Rural Practice-based Research Network Conference, winning first and third place
- Active AHEC Scholars Advisory Committee meeting quarterly to address student recruitment, retention, engagement and evaluation strategies
- Exceeded enrollment requirement for cohort 3, with 89 students enrolled
- In response to COVID, implemented an online learning management system that includes 85+ hours of on-demand didactic content

# Oregon AHEC System

## Oregon Pacific AHEC

[www.opahec.org](http://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](http://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](http://www.oregonhwi.org)

Hosted by Pacific University, the Center serves Clackamas, Multnomah and Washington Counties.

## Northeast Oregon AHEC

[www.eou.edu/neoahec](http://www.eou.edu/neoahec)

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](http://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/ahec](http://www.ohsu.edu/xd/outreach/ahec)

## Oregon AHEC Regional Centers

### AREA HEALTH EDUCATION CENTER OF SOUTHWEST OREGON

AHECSW | [www.healthyoregon.com](http://www.healthyoregon.com)

### CASCADES EAST AREA HEALTH EDUCATION CENTER

CEAHEC | [www.cascadeseast.org](http://www.cascadeseast.org)

### NORTHEAST OREGON AREA HEALTH EDUCATION CENTER

NEOAHEC | [www.neoahec.org](http://www.neoahec.org)

### OREGON HEALTHCARE WORKFORCE INSTITUTE

OHWI | [www.oregonohwi.org](http://www.oregonohwi.org)

### OREGON PACIFIC AREA HEALTHCARE EDUCATION CENTER

OPAHEC | [www.opahec.org](http://www.opahec.org)

### OREGON AHEC PROGRAM OFFICE

ahec@ohsu.edu | [www.ohsu.edu/area-health-education-centers](http://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

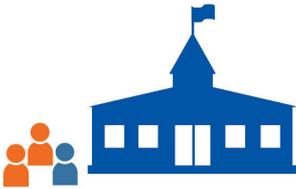
## 2019-2020 Federal Report Highlights

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

# 3,390

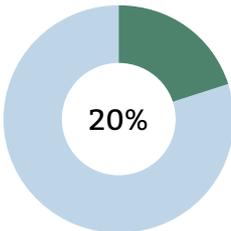
Program participants

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



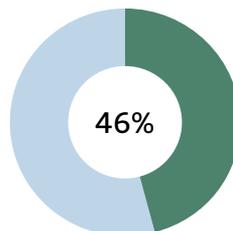
# 3,068

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



from disadvantaged backgrounds

from rural backgrounds



46%

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

facilitated  
**146**  
rotations

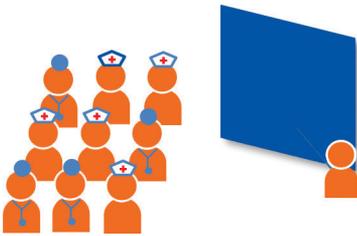
As well as **33** family medicine residency rotations

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## *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.



**57**

continuing education participants

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OREGON AHEC PROGRAM  
A Member of the National AHEC Organization



# AHEC SCHOLARS

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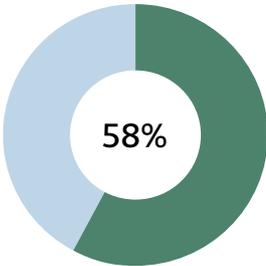
**141**

participants

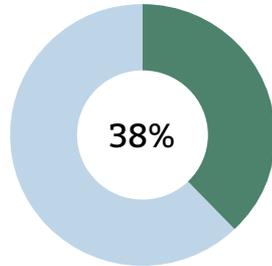
**98%**

retention rate

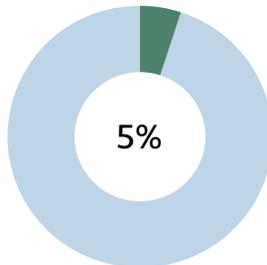
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*from rural  
backgrounds*



*from disadvantaged  
backgrounds*



*veteran*

