



# Cherokee Nation Tribal Council Health Committee Report

Claremore Indian Hospital

Month/Year of the report: December 2017

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## Accomplishments:

- **Staffing:** Active announcements out for Chief of Family Medicine and staff Surgeon and Hospitalist.
- **Visits:** Outpatient visits for December up 6.5% over the same period the previous year.
- **Revenues:** Revenues for FY2018 decreased 15.3% over the same period the previous year.

## Future Plans / New Initiatives:

- New Services:
  - Orthopedic patients now being sent to I-Ortho Group in OKC. Area looking at contracting with a group in Tulsa also.
  - Remodel work for Women’s Health nearing completion. ER design and remodel has been awarded and now in design phase. Upgrade on Med-gas system beginning. Redo old and pour new sidewalks by Northwest parking lot.

## Workload:

	<u>Actual numbers/month</u>	<u>CN</u>
Outpatient visits up	6.5% 23,078	16,308/ (6738 patients)
Dental visits down	1.2% 659	410
Admissions up	18.6% 70	43
Newborns up	87.5% 30	23
New charts	569	
Reactivated Charts	263	

These statistics are compared to FY2017 statistics for the same time period. (December)  
 Occupancy rate for December 2017: 19.0%

**Third Party Collections:**

December collections

Medicare:	\$ 735,740.10
Medicaid:	740,360.20
Private Insurance:	748,139.48
V.A.	<u>24,130.62</u>
	\$ 2,248,512.64

Year-to-date collections for FY 2018: \$ 6,197,013.93

Amount billed for December 2017: \$ 4.1 million

Collections are down compared to FY2017 collections for same time period. \$ 1,124,177.48

Percentage of account receivables pending for claims > 120+ days: 4%

**PRC Activities:**

December cases

Funded:	318 cases:	\$ 960,250.00
Denials:	397 cases:	\$ 930,393.00
Deferred:	370 cases:	\$ 347,290.00
CIH clinics:	8 cases	

Files to Committee 1093

# **Cherokee Nation Tribal Council**



## **Health Committee Report January 2018**

**Report By:  
Dr. Charles Grim, DDS, MHSA  
Interim Executive Director Health Services**

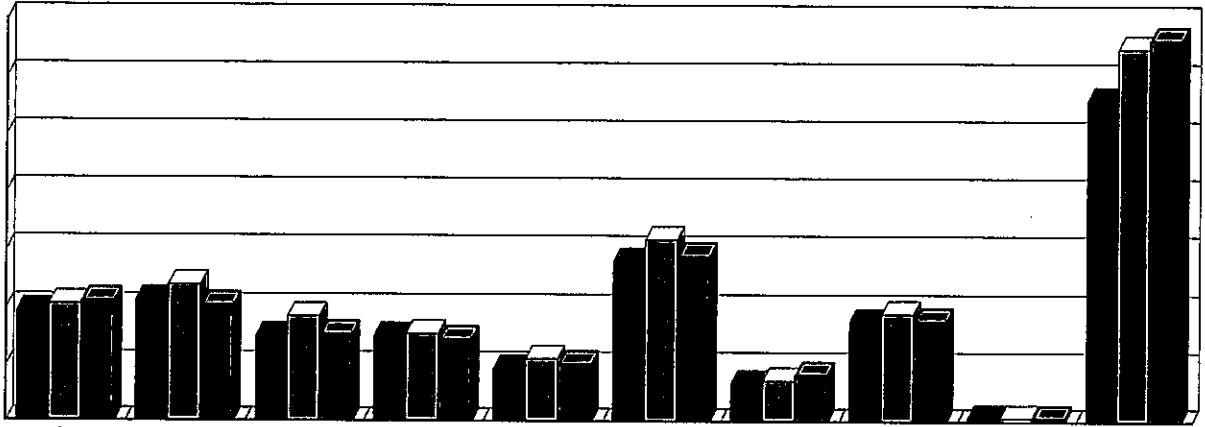
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## Charts



# AMBULATORY CARE VISITS by Health Centers, December 2015- 2017

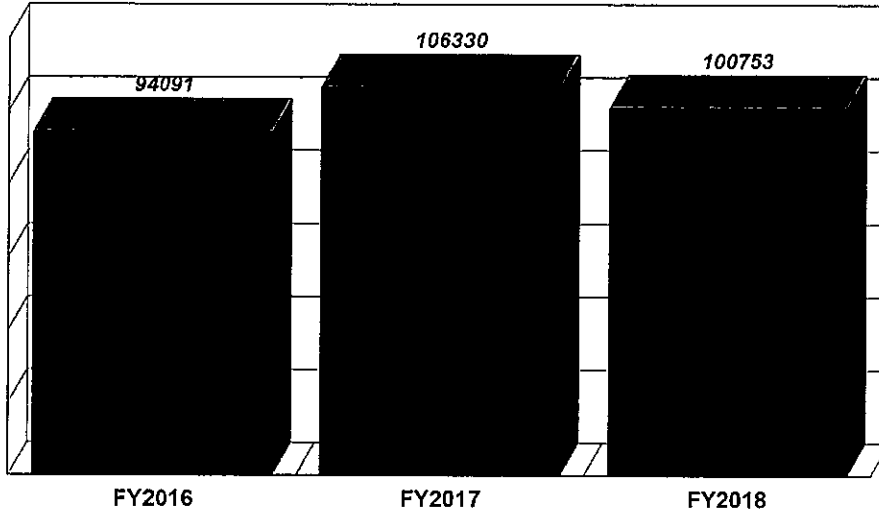


	WPM	RBS	AMO	JAY	NOW	MUSK	OCHELATA	VINITA	GADUGI	HASTINGS
■ FY2016	9666	10598	7431	7446	4623	13973	3353	8692	373	27936
▣ FY2017	10243	11964	9165	7673	5525	15816	3643	9445	399	32457
■ FY2018	10424	10073	7524	7132	4950	14346	4072	8762	349	33121

■ This report is based on ambulatory care visits by one or more of the following disciplines: physician, advanced practice provider (i.e., PA/APRN), dentist, pharmacist, optometrist, podiatry, and behavioral health



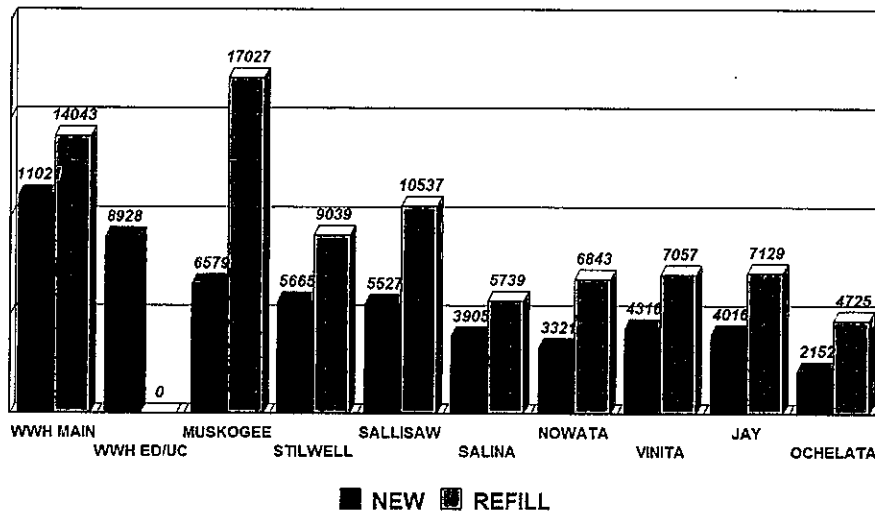
## TOTAL AMBULATORY PATIENTS VISITS December 2015-2017



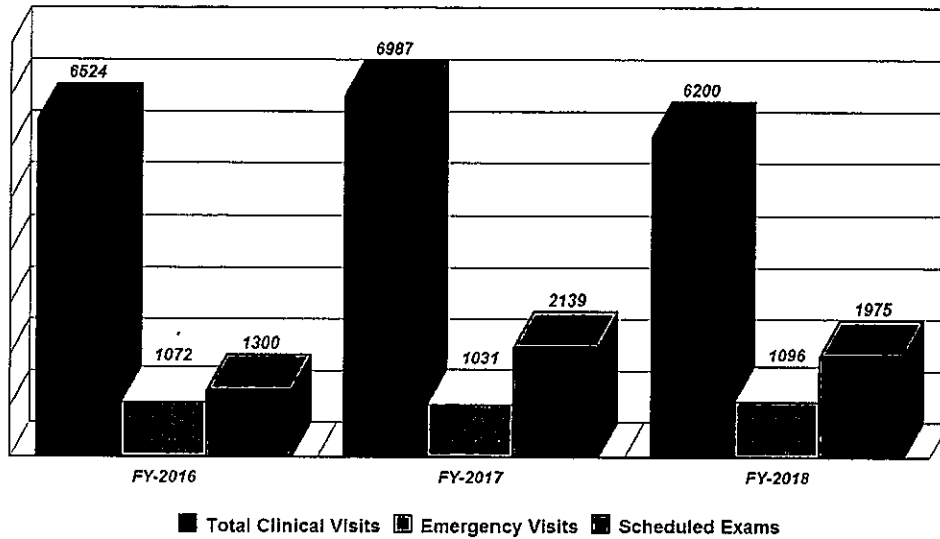
■ This report is based on ambulatory care visits from Health Centers and CN-Flagstaff Hospital



## No. of RX filled by health facility December 2017

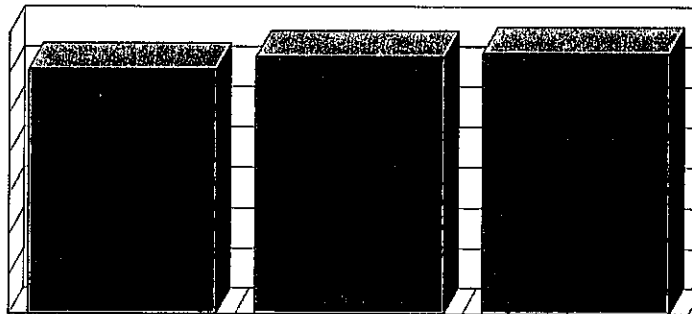


## Dental Services Trend December 2015- 2017



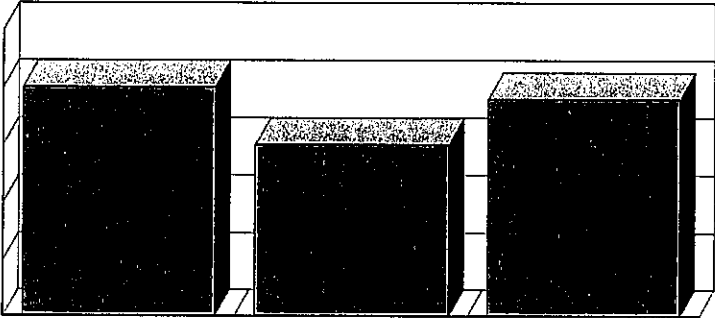
Total Clinical Visits
  Emergency Visits
  Scheduled Exams

## Emergency/Urgent care Trend at CN WW Hastings Hospital December 2015- 2017



	DEC-2015	DEC-2016	DEC-2017
<span style="display: inline-block; width: 10px; height: 10px; background-color: gray; border: 1px solid black; margin-right: 5px;"></span> ED/Urgent Care	6090	6409	6491

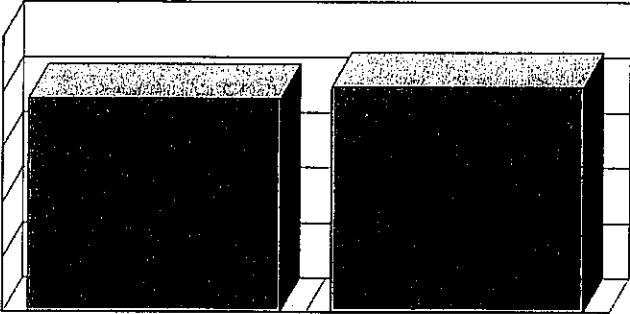
**Rate trend for Patients Left without being Seen  
CN WW Hastings Hospital December 2015-2017**



	DEC-2015	DEC-2016	DEC-2017
Left without Being Seen Rate	4%	3%	4%

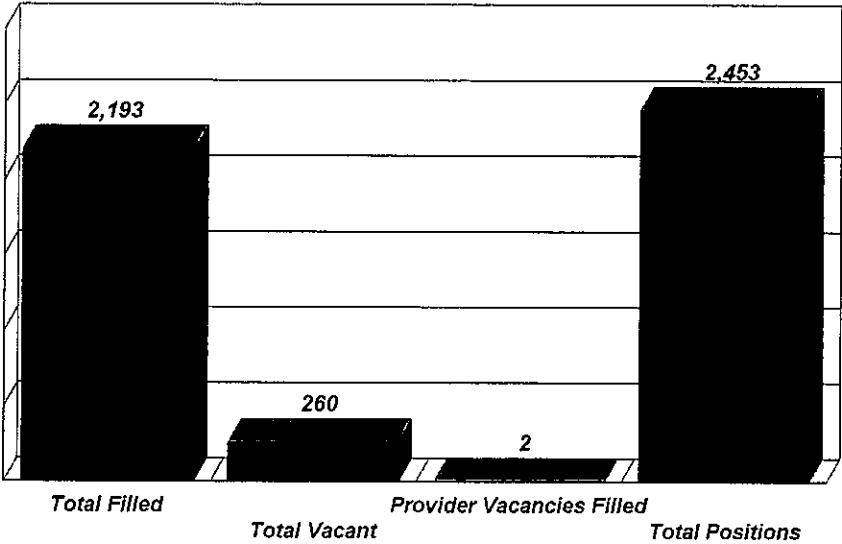


**Surgical Procedures Performed at  
CN WW Hastings Hospital December 2016- 2017**



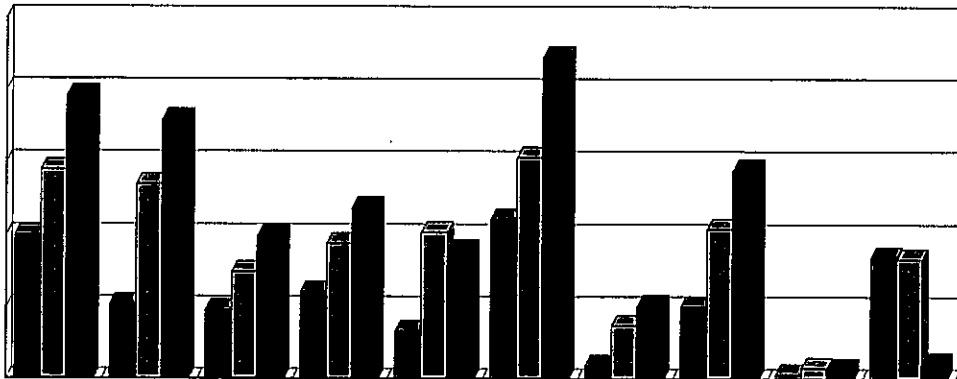
	DEC-2016	DEC-2017
<b>Surgical Procedures performed</b>	<b>388</b>	<b>409</b>

**Staffing Trend December 2017**





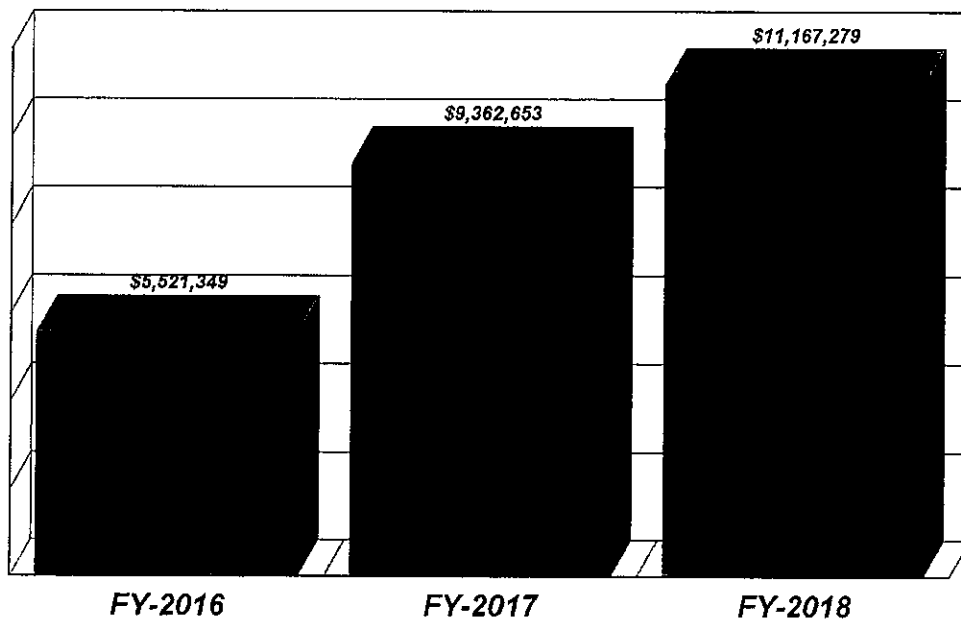
## Third Party Revenue by Health Centers NOVEMBER 2015-2017



	Sulwell	Sallisaw	Jay	Salina	Nowata	Muskogee	Ochelata	Vinita	Ga Du Gi	Dental
■ FY-2016	\$997,320	\$518,824	\$477,635	\$603,062	\$332,319	\$1,108,110	\$100,633	\$502,979	\$34,858	\$845,609
▣ FY-2017	\$1,444,686	\$1,346,693	\$746,082	\$940,777	\$1,022,350	\$1,531,484	\$372,571	\$1,043,998	\$79,551	\$834,481
■ FY-2018	\$1,955,417	\$1,789,741	\$992,567	\$1,187,763	\$889,415	\$2,221,564	\$507,748	\$1,439,595	\$72,197	\$111,252

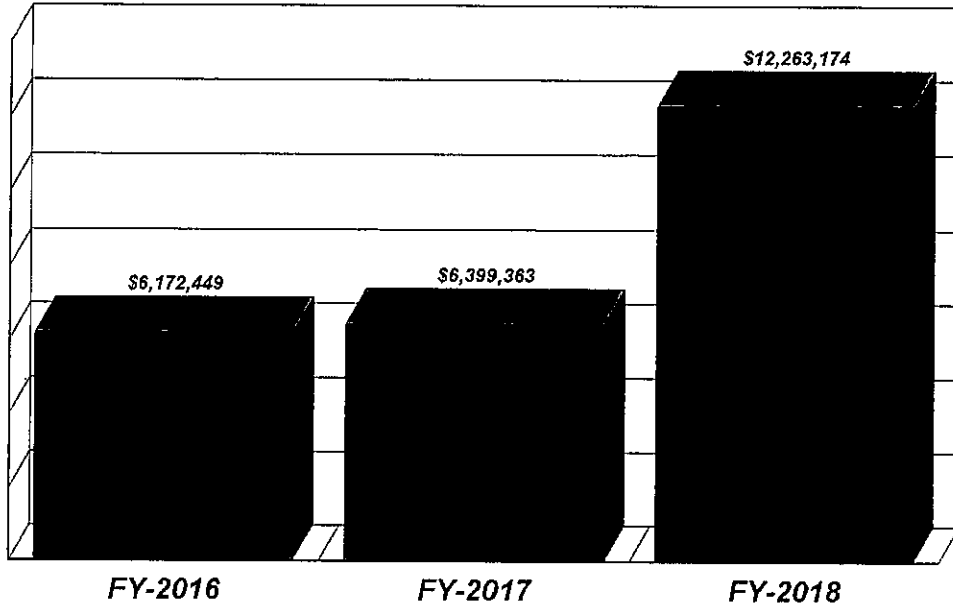


## Total Third Party Revenue Comparison (Health Centers/Dental services only) -Thru November(FY2016-FY 2018)

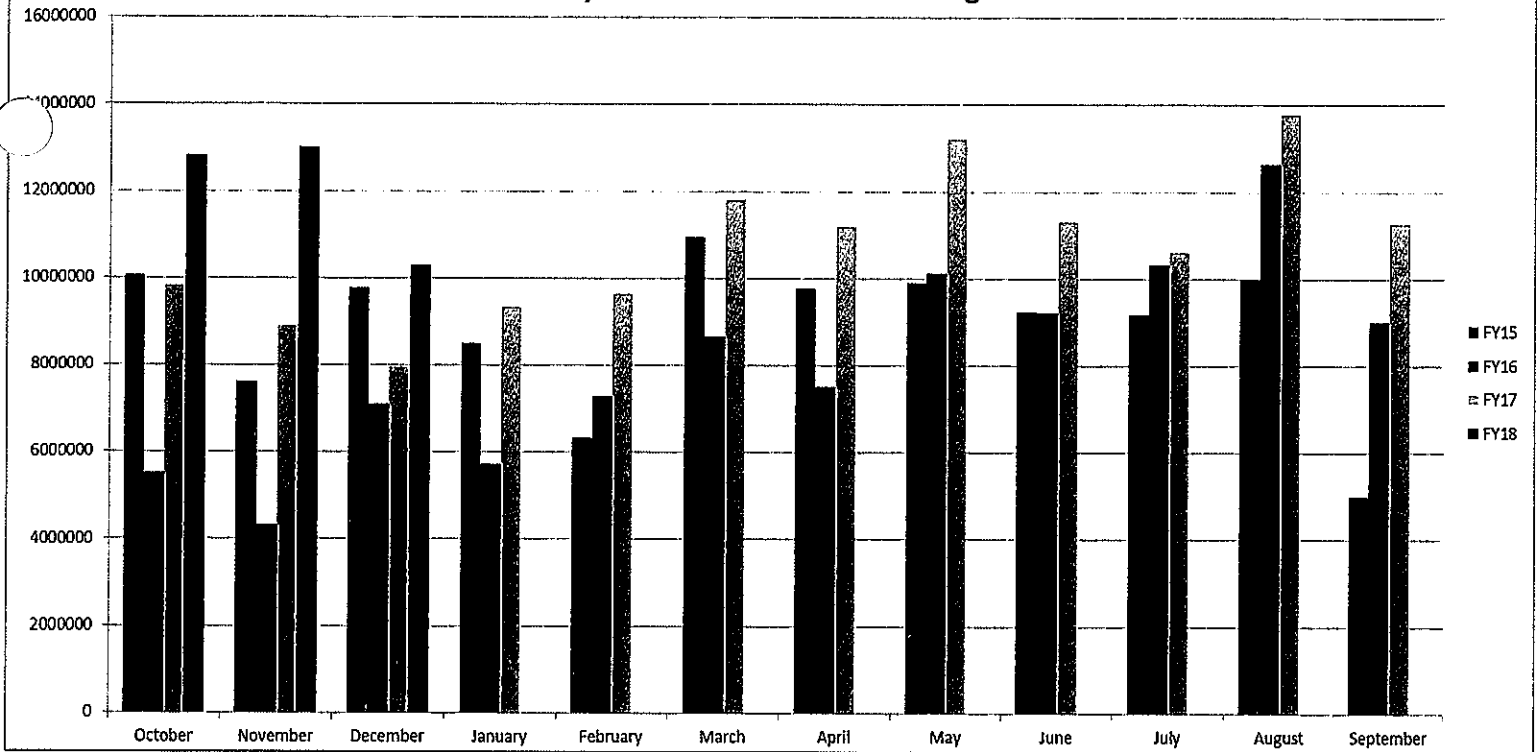




# Third Party Revenue Comparison CN WW Hastings Hospital November FY2016-2018



## Monthly Cash Collections FY15 through FY18



CHS Report as of December 31, 2017

CAN Description	HASTINGS			STILWELL			SALLISAW			JAY		
	Paid	Open	Total	Paid	Open	Total	Paid	Open	Total	Paid	Open	Total
J50XB01 HASTINGS OI	2,735.35	14,920.00	17,655.35			0.00			0.00			0.00
J50XB02 MERP	10,114.18	7,023.00	17,137.18	9,109.25	15,733.45	24,842.74	5,912.79	26,736.28	33,709.07	1,357.98	4,631.00	6,398.98
J50XB03 INPATIENT	737,815.85	836,581.53	1,574,497.38	15,850.44	53,112.00	78,962.44	44,844.90	125,043.00	169,887.90			1,500.00
J50XB04 OUTPATIENT	982,926.18	1,804,710.00	2,787,357.18	176,486.83	574,720.64	691,207.53	183,985.44	559,288.22	749,273.66	113,785.93	450,991.30	604,167.23
J50XB05 SUBSTANCE ABUSE	71,895.00	69,605.00	141,490.00	2,200.00	2,500.00	4,700.00	7,910.00	2,850.00	10,760.00			0.00
J50XB06 BEHAVIORAL HEALTH	57,068.50	46,484.00	103,552.50			0.00		4,620.00	4,620.00			0.00
J50XB08 DENTAL	60,422.17	63,501.00	123,923.17			0.00			0.00			0.00
J50XB19 DIABETIC SHOES	2,859.82	4,000.00	6,859.82	2,000.00	2,000.00	4,000.00	1,090.23	100.00	1,190.23		1,000.00	1,000.00
J50XB47 5% INPATIENT	50,791.29	49,953.00	100,744.29			0.00			0.00	3,444.39	15,500.00	21,944.39
J50XB48 5% OUTPATIENT	18,630.75	4,701.00	24,331.75			0.00			0.00	425.27	5,400.00	5,825.27
J50XB49 5% DENTAL	72,908.16	46,815.00	119,523.16	45,443.00	15,372.00	60,815.00	57,418.60	3,350.00	60,768.60	24,143.00	16,250.00	40,493.00
J50XB50 5% VISION	85,277.18	61,013.05	147,290.23	37,227.01	11,100.00	48,327.01	41,455.68	12,910.00	54,365.68	21,939.30	24,231.00	46,170.30
<b>TOTALS</b>	<b>2,159,454.43</b>	<b>3,007,947.58</b>	<b>5,167,402.01</b>	<b>285,316.59</b>	<b>624,538.13</b>	<b>910,854.72</b>	<b>349,677.64</b>	<b>793,467.50</b>	<b>1,082,145.14</b>	<b>165,096.47</b>	<b>562,502.30</b>	<b>727,599.77</b>

CAN Description	SALINA			NOWATA			MUSKOGEE			VINITA		
	Paid	Open	Total	Paid	Open	Total	Paid	Open	Total	Paid	Open	Total
J50XB01 HASTINGS OI			0.00			0.00			0.00			0.00
J50XB02 MERP	4,020.74	887.00	4,907.74	2,293.58	2,604.85	4,904.43	83.33	10,252.00	10,345.33	10,044.59	1,733.00	11,777.59
J50XB03 INPATIENT	70.12	30,200.00	30,270.12	330.08	3,201.00	3,531.08	3,162.39	25,500.00	29,662.39			0.00
J50XB04 OUTPATIENT	295,670.15	577,776.00	873,446.15	127,555.58	229,644.00	357,199.58	242,581.21	632,581.00	875,162.21	172,556.84	244,676.00	417,232.84
J50XB05 SUBSTANCE ABUSE	12,132.32	4,250.00	16,382.32	3,300.00	6,025.00	9,325.00			0.00			0.00
J50XB06 BEHAVIORAL HEALTH	1,316.00		1,316.00			0.00	1,316.00	4,550.00	5,866.00	4,375.00		4,375.00
J50XB08 DENTAL	2,108.00	1,675.00	3,783.00			0.00			0.00	3,375.00	579.00	4,554.00
J50XB19 DIABETIC SHOES	915.08	800.00	1,715.08	314.78	2,500.00	2,814.78		2,500.00	2,500.00	754.39	1,000.00	1,754.39
J50XB47 5% INPATIENT	1,316.00	1,316.00	2,632.00	3,085.94	16,200.00	19,285.94	19,241.35	19,241.35	38,482.70	8,742.87	1,716.00	10,458.67
J50XB48 5% OUTPATIENT	171.42		171.42		1,850.00	1,850.00	1,442.36		1,442.36	489.00	2,500.00	2,989.00
J50XB49 5% DENTAL	23,169.50	14,581.00	37,750.50			0.00	29,302.63	6,445.00	37,747.63	64,528.75	52,769.00	107,297.75
J50XB50 5% VISION	18,341.61	8,848.00	27,189.61	19,547.49	8,899.00	28,446.49	17,422.81	10,201.00	27,623.81	48,489.47	23,251.00	71,740.47
<b>TOTALS</b>	<b>359,230.94</b>	<b>639,017.00</b>	<b>998,247.94</b>	<b>156,433.45</b>	<b>270,923.85</b>	<b>427,357.30</b>	<b>314,562.68</b>	<b>754,429.00</b>	<b>1,068,991.68</b>	<b>303,974.71</b>	<b>337,774.00</b>	<b>641,748.71</b>

CAN Description	CLAREMORE			OCHELATA			TOTAL		
	Paid	Open	Total	Paid	Open	Total	Paid	Open	Total
J50XB01 HASTINGS OI			0.00			0.00	2,735.35	14,920.00	17,655.35
J50XB02 MERP	1,720.00		1,720.00	756.99	1,162.00	1,918.99	46,489.43	70,762.62	117,252.05
J50XB03 INPATIENT			0.00			0.00	802,073.78	1,086,237.53	1,888,311.31
J50XB04 OUTPATIENT	201,680.92	614,871.00	816,451.92	94,725.97	381,937.00	476,662.97	2,596,895.11	6,107,316.16	8,704,211.27
J50XB05 SUBSTANCE ABUSE	6,600.00		6,600.00		2,500.00	2,500.00	104,027.32	37,280.00	201,307.32
J50XB06 BEHAVIORAL HEALTH	3,575.00		3,575.00			0.00	66,670.50	85,634.00	152,304.50
J50XB08 DENTAL			0.00			0.00	66,605.17	65,755.00	132,260.17
J50XB19 DIABETIC SHOES	62.95	2,500.00	2,562.95			0.00	5,937.25	16,400.00	22,337.25
J50XB47 5% INPATIENT	0.00	10,300.00	10,300.00	785.99	17,416.00	18,201.99	87,408.23	114,085.00	201,493.23
J50XB48 5% OUTPATIENT	0.00	900.00	900.00			0.00	22,138.40	15,351.00	37,489.40
J50XB49 5% DENTAL			0.00	7,332.50	17,710.00	25,042.50	314,246.14	175,102.00	489,348.14
J50XB50 5% VISION			0.00	3,191.76	15,562.00	24,753.76	290,700.55	176,015.05	466,715.60
<b>TOTALS</b>	<b>213,539.87</b>	<b>628,571.00</b>	<b>842,110.87</b>	<b>112,793.21</b>	<b>436,287.00</b>	<b>549,080.21</b>	<b>4,406,887.23</b>	<b>7,995,458.36</b>	<b>12,402,345.69</b>

	TOTAL		Balance	Projected Annual Expend	Projected Bal At Year End	
	Budget	Paid				
COMPACT	28,438,662.00	3,535,975.91	7,330,462.69	17,572,319.40	43,465,370.40	(15,026,708.48)
SUB ABUSE	324,000.00	104,027.32	97,280.00	122,692.68	805,229.22	(481,229.28)
DIABETIC SHOES	350,000.00	5,997.25	16,400.00	327,602.75	83,589.00	260,411.00
5% DIVIDEND	6,500,000.00	760,982.75	551,915.67	6,187,701.58	6,248,193.88	1,250,806.32
<b>Totals</b>	<b>35,612,662.00</b>	<b>4,406,887.23</b>	<b>7,995,458.36</b>	<b>23,219,316.41</b>	<b>49,609,282.26</b>	<b>(19,396,720.36)</b>

## Top Diagnosis by Clinic

Sam Hider HC		
	#	Total Visits
Essential (primary) hypertension	300	3549
Type 2 diabetes mellitus without complications	247	
Encounter for immunization	189	
Type 2 diabetes mellitus with unspecified complicat	149	
Ochelata HC		
	#	Total Visits
Essential (primary) hypertension	268	1520
Encounter for immunization	175	
Type 2 diabetes mellitus without complications	161	
Vitamin D deficiency, unspecified	120	
Ga Du Gi HC		
	#	Total Visits
Acute maxillary sinusitis	134	345
Acute maxillary sinusitis, unspecified	133	
Allergic rhinitis due to pollen	115	
Essential (primary) hypertension	44	
Three Rivers HC		
	#	Total Visits
Encounter for immunization	490	5179
Essential (primary) hypertension	456	
Type 2 diabetes mellitus without complications	340	
Hyperlipidemia, unspecified	212	
Will Rogers HC		
	#	Total Visits
Essential (primary) hypertension	373	1853
Encounter for immunization	324	
Type 2 diabetes mellitus without complications	211	
Hyperlipidemia, unspecified	200	

A MO HC		
	#	Total Visits
Essential (primary) hypertension	388	3325
Type 2 diabetes mellitus without complications	364	
Encounter for screening, unspecified	332	
Encounter for immunization	265	
Redbird HC		
	#	Total Visits
Encounter for immunization	421	3689
Essential (primary) hypertension	421	
Type 2 diabetes mellitus without complications	341	
Type 2 diabetes mellitus with hyperglycemia	226	
Wilma P Mankiller HC		
	#	Total Visits
Essential (primary) hypertension	572	4586
Encounter for immunization	460	
Type 2 diabetes mellitus without complications	447	
Cough	184	
Vinita HC		
	#	Total Visits
Type 2 diabetes mellitus without complications	373	3549
Essential (primary) hypertension	330	
Encounter for immunization	213	
Generalized anxiety disorder	133	
WW Hastings HC		
	#	Total Visits
Essential (primary) hypertension	1001	11704
Encounter for immunization	919	
Type 2 diabetes mellitus without complications	606	
Pregnant state, incidental	409	

### Summary Highlights for the month of December 2017

- **A-MO Health Center (AHC):** 32 new charts. Blood drive on December 15. Verlynn Starr, Pharmacy Clerk, retired after 39 years with Cherokee Nation.
- **Cooweescoowee Health Center (CHC):** 66 new/reactivated charts. Public Health Nurses attended Skiatook Senior Meeting and Copan Senior Meeting and did blood pressure checks. The following staff were recognized at CHC, Christopher Kerr, LPN, Lindsay Gatrell, Pharmacy Supervisor, Nakita Brite, Dietitian, Doug McCabe, Caretaker, Amy Houser, Clerk III and Vicky Knupp, Office Manager.
- **Sam Hider Health Center (SHHC):** 44 new/reactivated charts. Toy Drive for the NE Oklahoma Community Action Agency/Headstart provided gifts for 62 children. Toy Drive for Monroe Manor Residents provided gifts for 25 residents. And, a Toy Drive provided toys for a local family with 7 children. Public Health Nurses presented Toy Safety Education for Parents and Teachers at the Cherokee Nation Headstart. Kathy Goins was the

Employee of the Month. Above and Beyond recognition went to Nicole Gibe and Kaleb Chamberlain, both are Pharmacists.

- **Three Rivers Health Center (TRHC):** 98 new patients. Hosted largest blood drive for TRHC with 70 donors. Cindy Martin, Assistant Clinic Administrator was recognized at the Annual Cherokee Nation Christmas Program for 25 years of service. Employees of the month were Lori Alred and Jimmy Nixon.
- **Will Rogers Health Center (WRHC):** Community Health Representatives shared Safety Awareness to community and blood pressure checks at 4 community events. Influenza immunizations were provided to the South Coffeyville Casino employees.
- **Wilma P. Mankiller Health Center (WPMHC):** 25 new/reactivated charts. Flu clinic was held for staff at Siloam Springs Casino. New employees are Ashley Yadon, Dental Hygienist, Heather Newsom, LPN, and Morning Leach, LPN. Blood Drive had 38 donations. Amanda Bellamy, Infection Prevention Nurse, Charlie Stilwell, Health Educator and Tresa Miller, Health Educator provided a flu/germ presentation at the Stilwell Middle School.

## **Cherokee Nation W.W. Hastings Hospital**

### **Announcements**

- After interviewing all internal applicants, a new Supervisor for Biomedical Engineering was selected. Robert Smith, a Cherokee citizen and current Biomed Technician for Health Services, was chosen to lead Biomed services for both Hastings and our Health Centers. A veteran of the United States Air Force with 28 years of experience with electronic and mechanical systems, Mr. Smith has a degree in electronic systems technology from the Community College of the Air Force.

### **Patient Access**

- The Emergency Department and Urgent Care provided care to 6,491 patients during December 2017 with a Left Without Being Seen (LWOBS) rate of 3.8%. Surgical Services performed 409 surgical procedures during December 2017.
- **Dental Services:** **Clinical visits** include Exams, Emergency Exams, Return Visits for Treatment, Diabetic Screenings, and Headstart Screenings: **6,200 clients** served. **Scheduled Dental Examinations** for routine care: **1,975** clients were served. **Emergency Exams-** These are unscheduled walk in patients **1,096** clients served.
- **Emergency Medical Services-** the program transported **504 clients**; of those 346 were emergency transports. In addition **524** participants were trained at our facility.
- **Public Health Nursing-** Hastings PHN's provided **71** home visits, **72** clinic screenings/classes, and **121** phone call/audits/letters. Claremore PHN's provided **67** home visits/postpartum checks, **159** clinic screenings/classes, and **1,095** phone call/audits/letters and medical deliveries.  
**Diabetes Services-** **7,651** patients received nutrition education from a Registered Dietician. For FY 2017 RN/Pharmacist DSME or other diabetes-related classes were provided to **3,679** Diabetic patients. To date for **\$113,503.69** has been spent to purchase **DM shoes**. **80 patients** attended the Diabetes Self-Management Education classes in December 2017. DM Advisory Committee Meeting: On Dec. 14<sup>th</sup> the WWH Annual Diabetes Advisory Committee Meeting was completed to meet AADE Accreditation requirement. The AADE Accreditation annual reports were submitted for Saligna, Muskogee, Stilwell, and Jay. They were accepted by AADE on Dec 28<sup>th</sup>.
- **CN Comprehensive Cancer Control** CN Comprehensive Cancer Control program is partnering with the State of Oklahoma CCC Program, OU, Oklahoma Hospital Association, Tahlequah BEST, and TSET for a community education/awareness event in response to community concerns regarding childhood cancers in Cherokee County. The program is scheduled for February 13, 2018 at Tahlequah Armory.
- **Breast and Cervical Cancer Early Detection Program-** The program served **331** Indian/Cherokee women (Clinical Breast Exam, Mammograms, Ultrasound, Pap smear, HPV testing, Colposcopy with or without biopsy, Colposcopy w/ ECC and ECC, and Cytopathology) at the cost of **\$28,067**. Education/outreach was offered at a

health expo in Salina, OK(60 participants); at Three Rivers HC in Muskogee, OK(12 participants); at Sam Hider HC in Jay, OK (08 participants); at Salina Senior Citizens, Salina, OK (8 participants).

- **Behavioral Health Service**—A range of behavioral health Services were provided to **1,877 clients** across **2,367 visits** to Behavioral Health in November, 2017. The services provided ranged from initial treatment intakes to psychiatric services to rigorous psychological assessments to parent-child interaction therapy and include animal-assisted, individual, group, and marriage and family therapy.
- **JBC**— Served a total of **20** clients in November. **12** of which were male; **8** of which were female.
- **Dietary Services**— **516 clients** were provided dietary counseling services. Services include DSME Classes; DM Classes; Weight Mgmt Classes; Employee Activity Committee Activities; DM Ancillary Clinic; Lunch and Learn; Healthy Native Program-Nutrition Lessons; Employee Wellness Wt Challenge; Maintain Don't Gain Challenge. MNT Classes: **23** -number of participants in the classes. Worksite or Community Classes/Presentations: **13 (# of participants)**.
- **Staffing Report**— Total positions: **2,453**; of these **2,193** (89.4%) are filled, 260 (10%) are vacant.
- **Contract Health Services**— During the month of December 2017, CHS program processed **8,935 referrals** of those **8,416 (96.5%)** were **approved** at the cost of \$ **4,229,166**.
- **Health facilities** – Completed 86 of 209 preventative Maintenance work orders; Completed 47 of 64 Call-in work orders; Completed all 11 Property work orders; Built decorations for All Employee Christmas Gathering; Coordinated efforts to get PO to lock in special pricing on GE equipment saving \$300,000; Discovered water line leak at former Jay clinic, on city side, notified city of Jay; Presented need for fiber connectivity between NHS and CN buildings; Drafted RFQ for JV equipment agent; Attended the Water Management Plan meeting RE: CDC recommendations; Reviewed all of the incident reports for the previous month, took the findings to the Patient Safety/ Risk Management meeting. Inspected the sanding and painting work areas at RSHC for compliance with the Infection Control Risk Assessment (ICRA) ; Attended the monthly Health System Environmental Services meeting. Developed an ICRA for exam room remodels at Vinita Health Center. Vehicle fleet stands at 162

## **PUBLIC HEALTH MONTHLY REPORT -December 2017**

### **Community Recreation Center**

Total Members: 11,781

Revenue: \$3,515.00

Total Visits: 7,126

Total Group Fitness: 2,797

Total Child Watch: 391

### **Youth Risk Behavior Survey**

We have received the data back from CDC. We are in the process of evaluating the data and developing reports about that data.

### **Cherokee Nation Health Survey**

We have continued to collect the data for this survey and are in the process of analyzing that data.

### **Public Health Accreditation**

We are continuing to work under new standards (version 1.5) in preparing for re-accreditation. We are working on preparing documentation for Emergency Management, Strategic Plan, Workforce Development, Tribal Health Assessment, Tribal Health Improvement Plan and the Quality Improvement Plan. We have submitted the annual report for PHAB.

### **Sequoyah County PHEs Mary Owl and Lacey Wallace**

- Smoking Cessation classes are offered on Wednesdays at 1pm at Redbird Smith Health Center. Helping with physical activity assessments in schools with other PHE's in CNTJ

- Diabetes Prevention Program Brushy Community Diabetes Prevention Program is going very well with 5 participants. Group is now meeting every two weeks. Progress in weight management is going well with four participants.
- December 5, 12, 19– Brushy Diabetes Prevention Program class
- Community Garden – Not producing at this time.
- Brushy Community Committee Meeting – PHE chairs the committee
- Brushy Breakfast Fundraiser – PHE assist cooking, cleaning, and media
- PHE help decorate and cook for Brushy Teacher appreciation dinner.
- PHE cleaned out one of the raise beds at Brushy Community Building
- PHE gave new community member a tour of brushy programs and buildings.
- Brushy Teacher Appreciation Dinner and Christmas program – PHE served food and hand out gifts to children

#### **Cherokee County – PHE Sonya Davidson**

- PHE started a Smoking cessation class for December 5<sup>th</sup> and there was no participant interest. Class was advertised on Healthy Nation website and Facebook page. PHE emailed multiple people that signed up during the Great American Smoke out with no interest or response for those individuals.
- PHE assisted with the Tastings of Hastings event on December 7<sup>th</sup> with the Hastings Wellness team the event is used to raise money for Holiday meals for needy families in the area.
- PHE completed School Health Index for Cherokee Elementary. Cherokee Elementary has changed their award focus to Nutrition and wants to improve their students' knowledge of fruits and vegetables by using taste testing and Nutrition lessons on sports nutrition.
- PHE administered Fruit and Vegetable survey to Hulbert Elementary.
- PHE completed School Health Index with Briggs Elementary and the kept the focus on Physical Education.
- PHE continues to facilitate the Healthy Native Diabetes Prevention classes held at the Cherokee Nation Tribal Complex Wednesdays at 12:00 o'clock these meetings are now in their monthly maintenance phase with 2 participants attending.
- PHE continues to facilitate Healthy Native Diabetes Prevention classes held at the Healthy Living Campus on Monday Evenings at 5:30pm with 6 participants in attendance. Participants are eager and are working toward hitting specified goals with 2 participants successful in meeting weight loss goal.

#### **Adair County – PHEs Charlie Stilwell and Tresa Eagle**

- PHE conducted two meetings with Rocky mountain school to do the SHI for the year three Leadership Award and how to do the physical activity evaluations.
- PHE conducted a meeting with Stilwell Elementary School to go over the SHI and how to do the physical activity evaluation
- PHE's and Stilwell Farmers Market Board will start planning for the 2018 season. We will work with the community leaders and host community events to allow educational opportunities for the youth and elders in our community.
- PHE's continue working with patients who want to quit smoking on a one on one basis after classes are offered; 5 participants
- PHE's continue to promote the Wings program and display Wings race and application forms within the Wilma P Mankiller Clinic.
- DPP/Healthy Native Program participants are turning in their walking miles weekly and are working on increasing their miles every two weeks. We have seen a small change and participants are losing weight and keeping it off.
- DPP participants have increased their physical activities in the last month and are getting out and moving more during the work week and well as the weekends.
- January we will start another Health Center Wellness challenge combining walking and daily food intake. This program will run for 10 months and will continue if participants desire. This program will consist of BMI's (body Mass Index: Meal prep and tracking, and monthly weigh-ins. This is a program that the employees have requested.



- The Healthy Native Program has perfect attendance and the participants have an average weight loss of three pounds weekly. Many of them have already met their goals and with the New Year we will be setting new weight loss goals. School Awards:
- PHE's will now be completing the schools SHI's and surveys so the new School Awards can be start.
- PHE's have completed BMI's for Adair County.
- PHE's continue to update the Administration and other Department Heads of WPMHC on our progress and work in the schools, community, and clinic.
- PHE's, PHN, and TSET presented to 300 students the proper way to wash your hands, proper way to sneeze, importance of the Flu Shot, and proper germ care while in school while being sick or around other sick students. We handed out items that we put a certain lotion that showed on their hands under a black light we expressed that this is how easy germs travel and how important it is to keep your hands clean at all times.

#### **Delaware/Ottawa Counties –PHE Trisha Nichols and Cindy Tudor**

- PHEs assisted with the Healthy Native classes at SHHC.
- PHEs attended the Delaware County Community Partnerships team building activity
- PHEs attended Safety Committee and Community Healthy Services meetings and the School Awards and Kids Camp Planning meeting.

#### **Maves and Rogers Counties– PHEs Tony Ballou and Ronnie Neal**

- PHE presented to students at Salina Elementary, and Wickliffe about 5,2,1,0, program for No Commercial Tobacco Products.
- PHE's counseled with 5 patients in quitting smoking
- PHE continued promoting and supporting the walking group at the Claremore Indian Hospital for diabetes patients in Claremore service area.
- PHE partnering with City of Claremore and several other partners as strategize on a Safe Routes to School Program.
- PHE's directed physical fitness pre-assessments at Salina and Wickliffe Elementary 3<sup>rd</sup> – 5<sup>th</sup> grade with over 200 students participating.
- PHE's Salina Employee Wellness Program continues to see several staff walking, jogging, and working out to videos at noon and 5:00pm.
- The Diabetes Prevention Program has 5 members have started exercising as a group. Meeting bi weekly
- The Diabetes Prevention Program discusses ways to eat healthier and alternative ways to prepare food each week.
- PHE's continued with 2 Healthy Native class maintenance sessions at the AMO health center in Salina. 10 participants that have been in involved since the beginning.
- PHE's leading 2 new Healthy Native classes that meet on Mondays at noon with 15 participants and 5:30 with 5 participants.
- The Oklahoma Blood Institute came to the Salina/AMO Health Clinic in December and we set a record for most participation 35 individuals signed up and 32 individuals were able to successfully donate their life saving blood products.

#### **Muskogee County – PHE Jason Shelor and Ben Buckskin**

- PHE continues to work with Chief Pharmacist Steve Scott in the tobacco clinic. One on one counseling is provided and nicotine replacement therapy is given. As of December, 803 patients have utilized the service.
- Three races are being planned for Muskogee County, Kay Lane Run May 19, Big Red Splash and Dash June 23, and Children Miracle Network Run December 1.
- PHE continues to teach the Boot Camp class at TRHC. A total of 130 patients have completed fitness assessments. The fitness program averages 411 visits per month.
- PHEs continue to assist other PHEs in gathering BMI data from schools.
- The Running/Walking 101 group will begin in January.
- The Healthy Native Program will be continuing through 2018.

#### **Washington/Craig/Nowata Counties – PHE Amy DeVore**

- PHE provided pedometers and mini basketballs to Bluejacket School

- PHE met with Director of Vinita Sr Citizens Center to discuss ideas for activities
- PHE mailed class fliers and made follow up calls to all smoking cessation referrals. Classes begin January 2.
- PHE attended the Craig County Emergency Management meeting.
- PHE discussed potential WINGS races with four partner agencies

**Primary Prevention Program Report** – Kassandra Rosas and Shaina Kindle

- Physical Activity, Nutrition, and Tobacco:
- PHE's spoke with Boys Club of Adair County about forming a partnership. they are interesting in partnering to update their Wellness Policy.
- PHE's have started informal conversations with Stomping Grounds Coffee Shop to create a Wellness Policy and promote a healthier lifestyle.
- PHE's have scheduled a board meeting with First Christian Church to update their policy and practice tool and update their Wellness Policy.
- PHE's met with Rocky Mountain School which resulted in them agreeing to partner. PHE's received their policies and start on preparations to start the school garden sponsorship.
- PHE's are moving forward on protocol for garden sponsorship for Stilwell Public Schools.

**Other:**

- PHE's presented with the Wilma P. Mankiller Clinic Public Health nurse for a Hygiene Presentation to the Stilwell Middle School 5th-8th grade, 300 kids were in attendance. The lesson provided hands on examples of how to wash hands properly, how not to spread germs and how to keep up with personal hygiene to stay healthy.

**OFFICE OF PROFESSIONAL RECRUITMENT, RETENTION, AND CREDENTIALING- December 2017- January 2018**

**New Professionals:**

- Janet Gorman, APRN (WWH-UC)-transfer from Jay 12/31/17
- Julie Mahaney, MD (WWH-UC) PRN-1/14/18

**Pending candidates** (ALL CONFIDENTIAL AS MANY ARE EMPLOYED ELSEWHERE-LOC & pending processing/approval)

- DO (WWH-UC) PRN
- APRN (WWH-UC) PRN
- APRN (Nowata) PRN
- APRN (WWH-PC)
- DO (Ochelata)-declined 1/11; could not commit fully to family medicine; was making move from EM
- DO DABFP (Jay)-spring
- MD (Jay) Aug '18
- MD (Nowata)-Aug '18
- DO (WWH)-LOC –Sept '18
- DO (Muskogee)
- PA (WWH-UC)
- PA-C (WWH-UC)
- PA-C (WWH-UC)
- MD (WWH-OBGYN)-Aug'18
- DO (WWH-Anesthesiology) – Aug'18
- RDH (Salina)
- DDS (Vinita)-'18 grad IHS payback
- DDS (Stilwell)-'18 grad IHS payback
- DDS (Vinita)-18 grad, IHS payback
- DDS (WWH) – 18 grad, IHS payback

**Recruiting for the following Vacancies** (does not include vacancies where a candidate has been selected and is process):

**Health Center Vacancies:**

- Physicians: 6 (& pending resignation 1/19 at Stilwell)
- PA: 1 R/FT Jay (experienced)
- APRN: 1 R/FT Jay (experienced)

**WWH Vacancies:**

- Physicians: 1 R/FT in UC & PC, 2 in EM (& pending resignation 2/2 in PC)
- Physicians-PRN: 1 in UC 2 in EM (New FY18)
- OB/GYN: 1 R/FT
- Surgery: 2 R/FT
- Pediatrics: Recruiting for 3 future retirements
- Anesthesiology: 1 R/FT
- Advanced Practitioner: 2 PRN for UC & 1 R/FT

**Pharmacy:**

- Pharmacist: Supervisor Refill Center

**Vacancy Rates (excludes PRN):**

- Clinic Providers: 10.4%
- WWH Providers: 11.0%
- Total Providers: 10.7%
- Total Health Professionals: 6.6% (including PRN)

**Additional recruitment activities:**

New Year's event for our residents was held Jan. 4th with Dr. Grim and medical directors also attending.

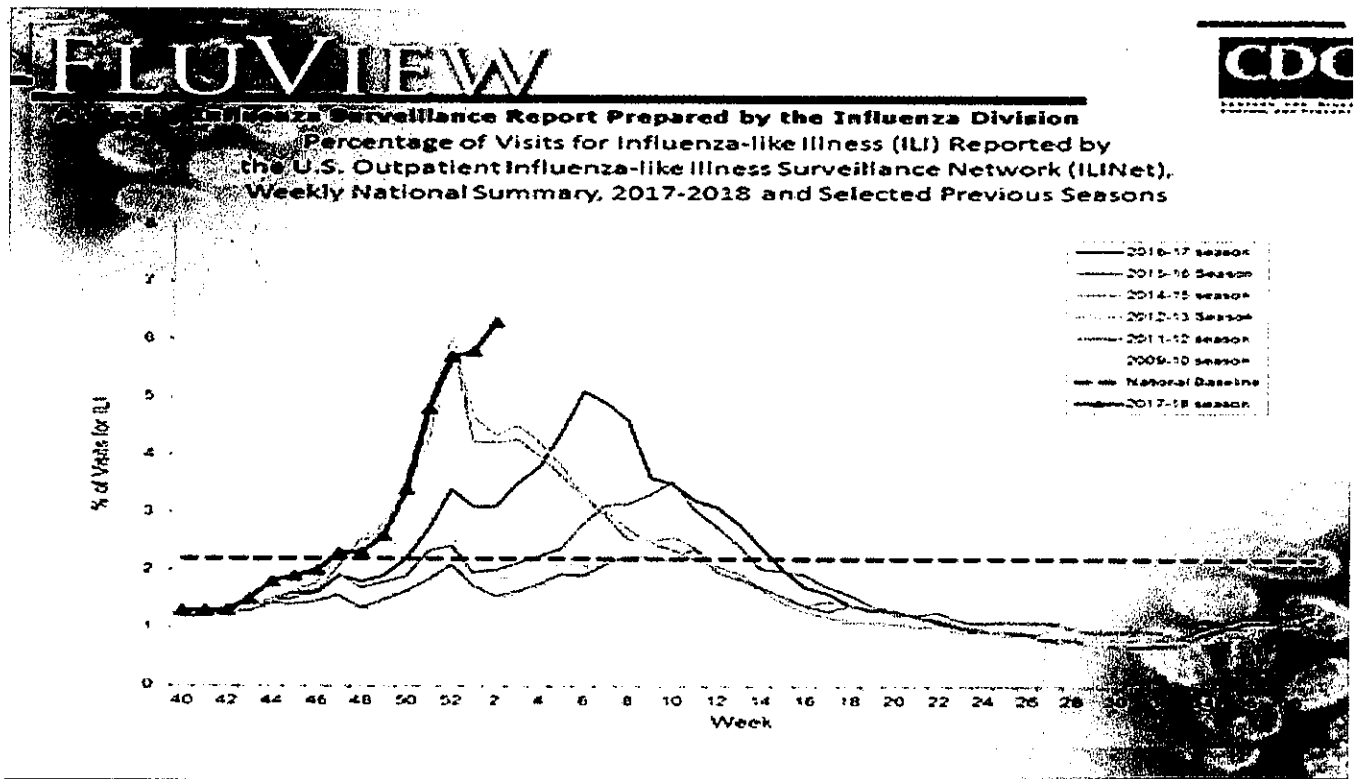
Participating in the National Health Service Corp Virtual Job Fair on 1/30/18 for our physician vacancies.

Attending the OSU Residency Fair 3/2 in Tulsa.

Save the Date for Our Docs Rock, April 7<sup>th</sup>!

## Statewide Influenza Summary for December 31, 2017 through January 13, 2018

- Influenza is considered “widespread” within Oklahoma. The percentage of outpatient visits meeting the criteria for ILI was 8.1% (767/9,519).
- 2,695 of 8,414 (32.0%) rapid influenza tests performed by sentinel sites were positive; 81% were positive for influenza A.
- 124 of 886 (14.0%) RSV tests performed by sentinel laboratories were positive.
  - **Influenza-like illness (ILI)** is defined as having a fever (>100°F) combined with a cough and/or a sore throat.
- **Current Flu Activity**



### **What Is the Flu?**

Flu, or influenza, is a contagious respiratory infection caused by a variety of flu viruses. Symptoms of flu involve muscle aches and soreness, headache, and fever.

### **How Does a Flu Virus Make You Sick?**

Flu viruses enter the body through the mucus membranes of your nose, eyes, or mouth. Every time you touch your hand to one of these areas, you are possibly infecting yourself with a virus.

This makes it very important to keep your hands germ-free with frequent and thorough hand washing. Encourage family members to do the same to stay well and prevent flu.

## What Are the Different Types of Flu?

There are three types of flu viruses: A, B, and C. Type A and B cause the annual influenza epidemics that have up to 20% of the population sniffing, aching, coughing, and running high fevers. Type C also causes flu; however, type C flu symptoms are much less severe.

The flu is linked to between 3,000 and 49,000 deaths and 200,000 hospitalizations each year in the United States. The seasonal flu vaccine was created to try to avert these epidemics.

## What Is Type A Flu Virus?

Type A flu or influenza A viruses are capable of infecting animals, although it is more common for people to suffer the ailments associated with this type of flu. Wild birds commonly act as the hosts for this flu virus.

Type A flu virus is constantly changing and is generally responsible for the large flu epidemics. The influenza A2 virus (and other variants of influenza) is spread by people who are already infected. The most common flu hot spots are those surfaces that an infected person has touched and rooms where he has been recently, especially areas where he has been sneezing.

## What Is Type B Flu Virus?

Unlike type A flu viruses, type B flu is found only in humans. Type B flu may cause a less severe reaction than type A flu virus, but occasionally, type B flu can still be extremely harmful. Influenza type B viruses are not classified by subtype and do not cause pandemics.

## How Is Type C Flu Virus Different From the Others?

Influenza C viruses are also found in people. They are, however, milder than either type A or B. People generally do not become very ill from the influenza type C viruses. Type C flu viruses do not cause epidemics.

## Preventing the Flu: Good Health Habits Can Help Stop Germs

The **single best way to prevent seasonal flu is to get vaccinated** each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent flu.

- 1. Avoid close contact**
- 2. Stay home when you are sick**
- 3. Cover your mouth and nose.**
- 4. Clean your hands.**
- 5. Avoid touching your eyes, nose or mouth.**
- 6. Practice other good health habits**—Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

## Difference between Stomach Flu and Influenza?

Sometimes people mistake symptoms of stomach flu, or gastroenteritis, for the viral infection we commonly call "flu." But they're not the same.

Stomach flu happens when your stomach and intestines (also called the gastrointestinal or GI tract) are inflamed and irritated. Causes range from bacteria, viruses, and parasites to food reactions and unclean water.

The flu comes with symptoms like fever, congestion, muscle aches, and fatigue. The cause is the influenza virus. More severe cases can lead to life-threatening illnesses like pneumonia.

Antibiotics can treat a bacterial infection that causes stomach flu, but they won't work against viruses like the ones that cause the flu.

## What Are the Symptoms of Stomach Flu?

You may have a fever, headache, and swollen lymph glands, depending on the type of germ that causes it. In addition you may also suffer from,

- Cramps in your belly or sides
- Stomach pain
- Nausea
- Vomiting
- Diarrhea
- Sunken eyes
- Lightheadedness
- Being more thirsty
- Dry or sticky mouth
- Lack of normal elasticity of the skin
- Peeing less
- Fewer tears

You can avoid some of the complications by drinking plenty of liquids. When you can keep food down again, try bland things like toast, rice, bananas, and applesauce first. Go back to a normal diet within 24 hours if you can.

**Stomach viruses spread** fast because people don't **wash their hands** well after using the bathroom or changing a baby's diaper. Wash long enough to sing "Happy Birthday" twice. Many doctors call stomach flu "a family affair" because it's so highly contagious it can affect every member of a family.