



## Cherokee Nation Tribal Council Health Committee Report

Claremore Indian Hospital

Month/Year of the report: November 2016

George L Valliere 918-342-6434

Email: [george.valliere@ihs.gov](mailto:george.valliere@ihs.gov)

### **Accomplishments:**

- **Staffing:** Active announcements out for Chief of Family Medicine, Chief of Surgery and 2 Hospitalists. Offer has been made to one Hospitalist.
- **Visits:** Outpatient visits for November down 5.1% over the same period the previous year.
- **Revenues:** Revenues for FY2017 increased 33.9% over the same period the previous year.

### **Future Plans / New Initiatives:**

- **New Services:**
  - Orthopedic patients still being sent to Dr. Wheeler in OKC. Bids for contract in Tulsa area are still being negotiated.
  - Remodel work for Surgery Clinic and Women's Health beginning.

### **Workload:**

#### **Actual numbers/month**

Outpatient visits down	5.1%	23,259
Dental visits down	9.55%	767
Admissions up	21.5%	79
Newborns up	86.7%	28
New charts		409
Reactivated Charts		399

These statistics are compared to FY2016 statistics for the same time period. (November)  
Occupancy rate for November 2016: 18.0%

### **Third Party Collections:**

#### November collections

Medicare:	\$ 418,140.85
Medicaid:	725,032.94
Private Insurance:	989,015.88
V.A.	<u>39,019.68</u>

\$ 2,171,209.35

Year-to-date collections for FY 2017: \$ 5,204,927.58

Amount billed for November 2016: \$ 4.2 million

Collections are up compared to FY2016 collections for same time period. \$ 1,318,920.65

Percentage of account receivables pending for claims > 120+ days: 5%

### **PRC Activities:**

#### November cases

Funded:	384 cases:	\$ 998,787.00
Denials:	361 cases:	\$ 871,581.00
Deferred:	204 cases:	\$ 171,527.00
CIH clinics:	19 cases	

Files to Committee 968



**Cherokee Nation Tribal Council Health Committee report**

**Report By**

**Connie Davis, MSN, RN**

**Executive Director Health Services**

**December 2016**



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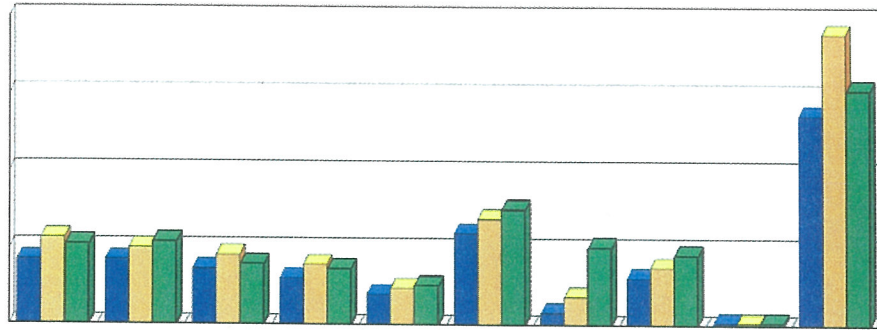
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## Charts



### **AMBULATORY CARE VISITS by clinic, November 2014- 2016**

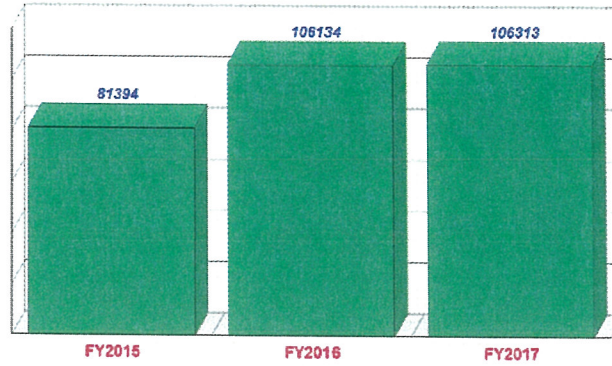


	WPM	RBS	AMO	JAY	NOW	MUSK	OCHELATA	VINITA	GADUGI	HASTINGS
<b>FY2015</b>	8380	8429	7229	6033	4003	11985	1610	6106	309	27310
<b>FY2016</b>	11285	9958	9084	7805	4730	13786	3721	7536	309	37920
<b>FY2017</b>	10373	10790	7829	7236	5040	14989	10060	9133	329	30534

■ This report is based on ambulatory care visits by one or more of the following discipline  
 ■ Physician, PA, NP, Dentist, Pharmacist, Optometry, Podiatry and Behavioral Health Clinicians



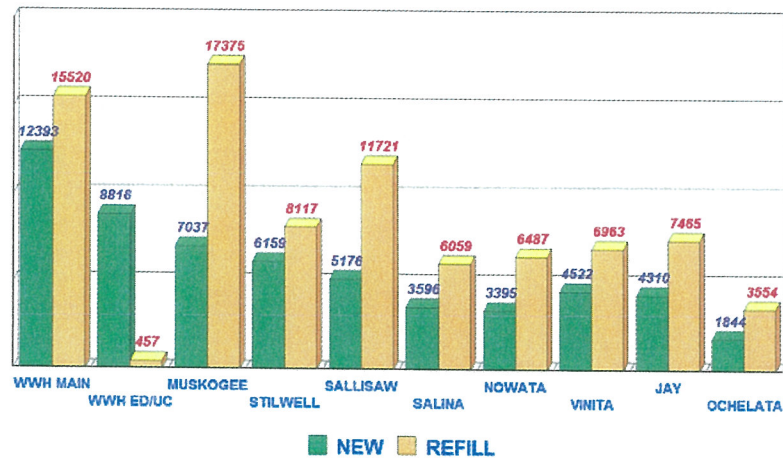
## TOTAL AMBULATORY PATIENTS VISITS November 2014-2016



• This report is based on ambulatory care visits from Clinics and CN Hastings Hospital

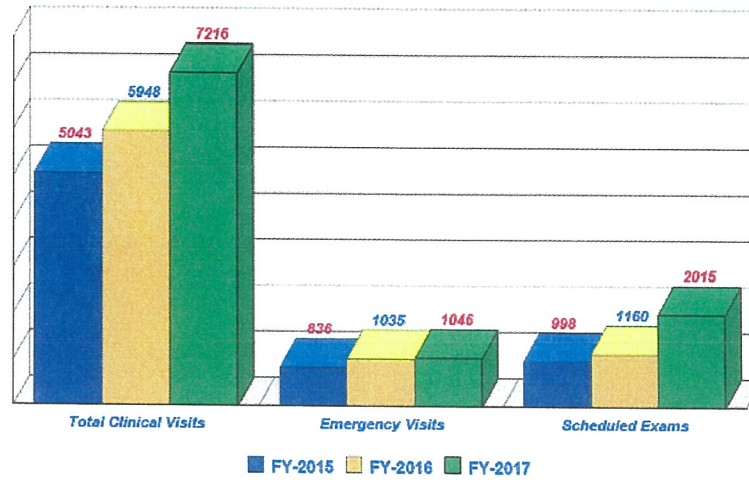


## RX BY SITE NOVEMBER 2016

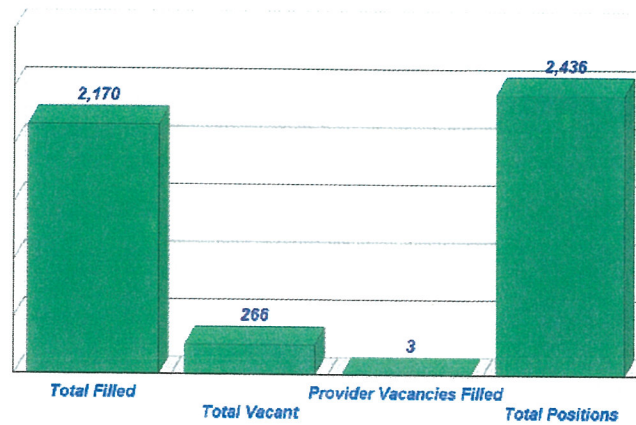




## Dental Services Trend November 2014- 2016

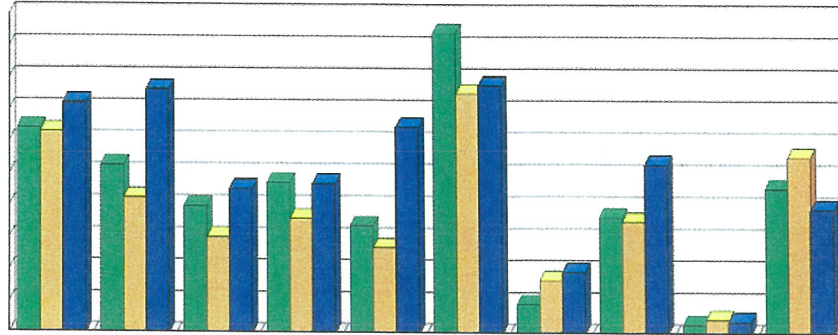


## Staffing Trend November 2016





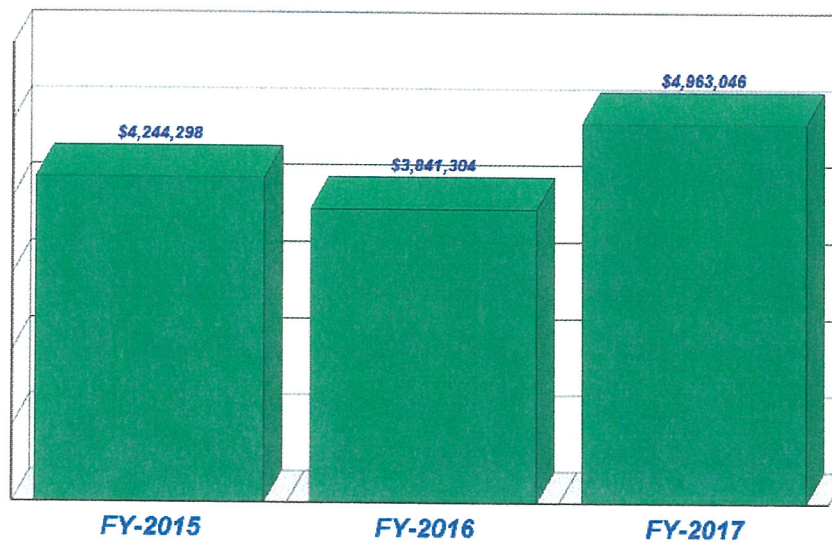
### Third Party Revenue by Clinic Thru OCT 2016



	Stillwell	Sallisaw	Jay	Salina	Nowata	Muskogee	Ochelata	Vinita	Ga Du G	Dental
FY-2015	\$640,035	\$522,200	\$396,716	\$470,997	\$335,081	\$940,508	\$90,869	\$364,470	\$28,922	\$454,500
FY-2016	\$627,794	\$422,894	\$299,535	\$358,669	\$268,925	\$749,335	\$166,795	\$351,649	\$43,908	\$551,800
FY-2017	\$718,267	\$761,050	\$450,904	\$465,802	\$644,559	\$774,590	\$192,289	\$527,761	\$37,093	\$390,731



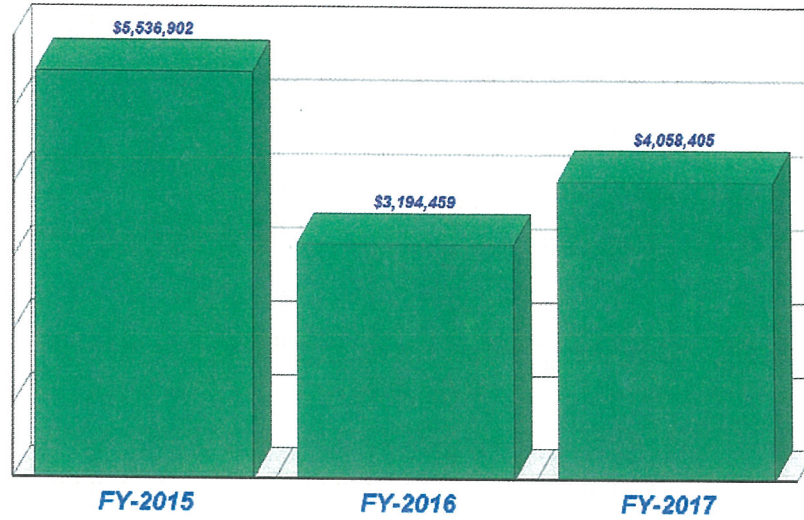
### Total Third Party Revenue Comparison (All Clinics only) OCTOBER 2014-2016



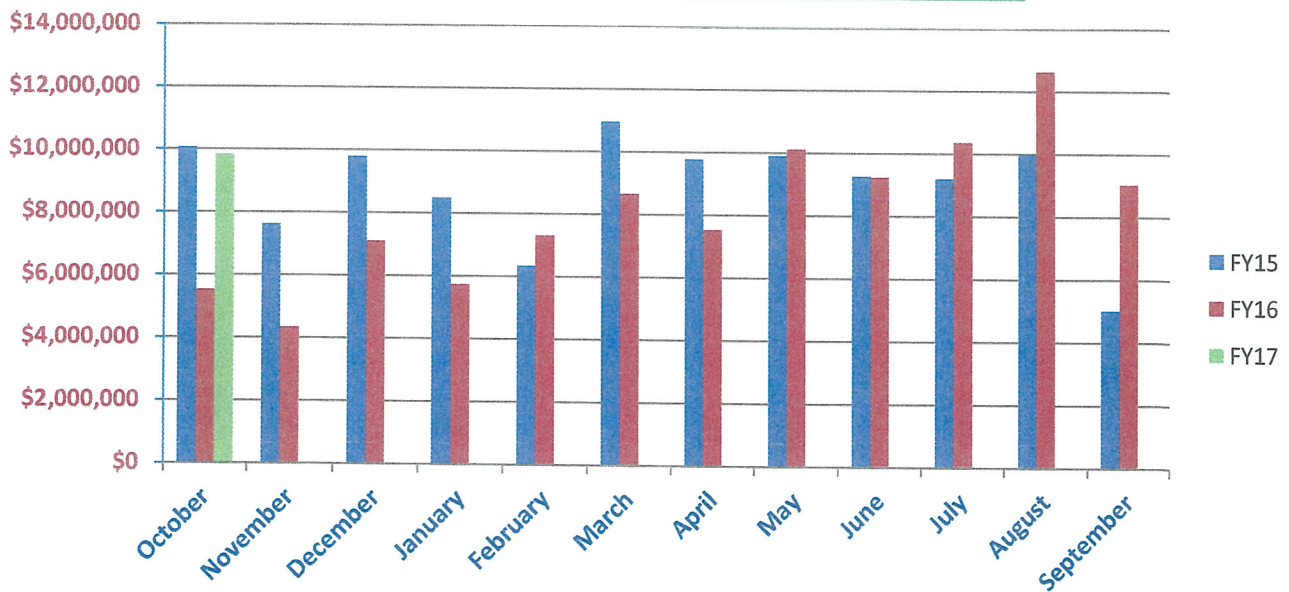




## Third Party Revenue Comparison CN WW Hastings Hospital FY2015-2017



## Monthly Cash Collection by Fiscal Year



2016 Affordable Care Act Enrollment Report			
	Educated	Applications	Enrollment
CNWWH Hospital	67	18	17
WP Mankiller HC	30	11	10
Three Rivers HC	156	23	18
Vinita HC	303	23	22
Redbird Smith HC	366	180	103
AMO HC	0	0	0
Sam Hider HC	18	2	1
Will Rogers HC	42	17	11
CN Behavioral Health	0	0	0
Cooweescoowee HC	0	8	3
Claremore IHS	0	26	3
<b>October TOTALS</b>	<b>982</b>	<b>308</b>	<b>188</b>



CHS Report as of November 30, 2016

CAN	Description	HASTINGS			STILWELL			SALLISAW			JAY		
		Paid	Open	Total	Paid	Open	Total	Paid	Open	Total	Paid	Open	Total
J50RW01	HASTINGS 01	20,350.97	91,572.00	111,922.97			0.00			0.00			0.00
J50RW02	MERP	23,399.43	39,053.89	62,453.32	1,396.35	3,194.52	4,590.87	5,503.35	32,215.94	37,719.29	480.80	4,815.00	5,295.80
J50RW03	INPATIENT	308,380.53	785,326.83	1,093,707.36	27,291.04	85,943.00	113,234.04	11,768.53	82,874.00	94,642.53	54,291.76	8,400.00	62,691.76
J50RW04	OUTPATIENT	270,187.28	1,044,110.00	1,314,297.28	68,702.64	554,365.38	623,068.02	81,082.39	207,054.00	288,136.39	52,430.87	209,968.00	262,398.87
J50RW05	SUBSTANCE ABUSE	10,516.00	83,374.00	93,889.00			0.00	5,005.00	8,600.00	13,605.00			0.00
J50RW06	BEHAVIORAL HEALTH	63,230.00	41,735.00	104,965.00			0.00			0.00			0.00
J50RW07	DENTAL	14,138.46	4,000.00	18,138.46	20.00		20.00			0.00	70.00		70.00
J50RW08	DIABETIC SHOES			0.00			0.00			0.00			0.00
J50RW09	5% INPATIENT	1,968.33	49,969.00	51,937.33	12,123.26	850.00	12,773.26	494.31		494.31		6.00	6.00
J50RW10	5% OUTPATIENT	14,035.51	9,226.00	23,261.51		302.00	302.00		75.00	75.00			0.00
J50RW11	5% DENTAL	7,868.00	11,580.00	19,448.00	25,510.00	37,000.00	62,510.00	45,720.00	22,600.00	68,320.00	2,935.00	27,150.00	30,085.00
J50RW12	5% VISION	30,369.71	59,601.35	90,591.06	5,685.76	19,350.00	25,035.76	10,682.30	21,106.00	31,788.30	440.00	5,329.00	5,769.00
TOTALS		765,063.22	2,219,548.07	2,984,611.29	140,729.05	700,794.90	841,523.95	160,255.88	374,524.94	534,780.82	110,648.43	255,678.00	366,326.43

CAN	Description	SALINA			NOWATA			MUSKOGEE			VINITA		
		Paid	Open	Total	Paid	Open	Total	Paid	Open	Total	Paid	Open	Total
J50RW01	HASTINGS 01			0.00			0.00			0.00			0.00
J50RW02	MERP	10,310.02	10,656.00	21,466.02	20,428.13	362.00	20,790.13	878.96	917.00	1,795.96	8,948.18	1,973.00	10,921.18
J50RW03	INPATIENT	21.63	1.00	22.63			0.00	1,025.95	22,900.00	23,925.95			0.00
J50RW04	OUTPATIENT	95,045.86	369,116.00	464,161.86	54,312.49	145,917.00	200,229.49	73,484.20	351,677.00	425,161.20	60,422.79	227,187.00	287,609.79
J50RW05	SUBSTANCE ABUSE	4,230.00	5,600.00	9,830.00	5,005.00	10,639.25	15,644.25	3,575.00	9,265.00	12,840.00	2,945.00	15,050.00	17,995.00
J50RW06	BEHAVIORAL HEALTH	5,005.00	4,340.00	9,345.00			0.00			0.00			0.00
J50RW07	DENTAL	20.00		20.00	20.00		20.00	590.00	3,570.00	4,160.00	1,487.00	150.00	1,637.00
J50RW08	DIABETIC SHOES			0.00			0.00			0.00			0.00
J50RW09	5% INPATIENT	50.69	3,000.00	3,050.69	4,166.83	15,589.00	19,755.83	0.00	500.00	500.00	10,634.19	5,785.00	16,419.19
J50RW10	5% OUTPATIENT			0.00			0.00	39.71	25.00	64.71	1,425.40	3,825.00	5,250.40
J50RW11	5% DENTAL	1,580.00	15,005.00	16,585.00			0.00	12,510.85	14,300.00	26,810.85	12,478.00	4,905.00	17,383.00
J50RW12	5% VISION	3,581.69	11,242.00	14,823.69		25,033.00	25,033.00		20,548.00	20,548.00	844.44	41,208.00	41,852.44
TOTALS		120,404.95	418,960.00	539,364.95	83,932.45	201,990.25	285,922.70	92,104.67	423,702.00	515,806.67	98,985.00	304,423.00	403,408.00

CAN	Description	CLAREMORE			OCHELATA			TOTAL		
		Paid	Open	Total	Paid	Open	Total	Paid	Open	Total
J50RW01	HASTINGS 01			0.00			0.00	20,350.97	91,572.00	111,922.97
J50RW02	MERP	10,100.33	1,000.00	11,100.33	23.86	2,203.00	2,226.86	81,969.41	96,390.35	178,359.76
J50RW03	INPATIENT			0.00			0.00	402,779.50	989,444.83	1,392,224.33
J50RW04	OUTPATIENT	65,310.15	344,283.00	409,593.15	22,952.96	135,742.00	158,694.96	843,931.63	3,589,409.38	4,433,341.01
J50RW05	SUBSTANCE ABUSE	2,945.00	15,825.00	18,770.00	8,360.00	5,490.00	13,850.00	42,640.00	153,743.25	196,383.25
J50RW06	BEHAVIORAL HEALTH		5,200.00	5,200.00	3,575.00		3,575.00	71,810.00	60,165.00	131,975.00
J50RW07	DENTAL			0.00			0.00	16,345.46	7,720.00	24,065.46
J50RW08	DIABETIC SHOES			0.00			0.00		0.00	0.00
J50RW09	5% INPATIENT	3,203.92	11,575.00	14,778.92	617.02	2,184.00	2,801.02	33,258.55	89,258.00	122,516.55
J50RW10	5% OUTPATIENT		1,712.00	1,712.00			0.00	15,500.62	15,165.00	30,665.62
J50RW11	5% DENTAL			0.00	9,000.00		9,000.00	117,601.85	140,870.00	258,471.85
J50RW12	5% VISION			0.00		25,960.00	25,960.00	52,023.90	229,397.35	281,421.25
TOTALS		81,559.40	379,595.00	461,154.40	44,528.84	179,919.00	224,447.84	1,698,211.89	5,459,135.16	7,157,347.05

	TOTAL				Projected Annual Expenses	Projected Bal At Year End
	Budget	Paid	Open	Balance		
COMPACT	28,219,616.00	1,355,217.56	4,734,311.21	22,130,087.23	36,537,172.62	(6,317,556.62)
SUB ABUSE	260,000.00	42,640.00	163,743.25	63,616.75	1,178,299.50	(918,299.50)
DIABETIC SHOES	350,000.00	0.00	0.00	350,000.00	0.00	350,000.00
5% DIVIDEND	6,500,000.00	300,354.33	571,080.70	5,628,564.97	5,228,610.18	1,271,389.82
Totals	35,329,616.00	1,698,211.89	5,459,135.16	28,172,268.95	42,944,062.30	(7,614,466.30)

## Top Diagnosis by Clinic

Sam Hider HC	#	Total Visits
--------------	---	--------------

Essential (primary) hypertension	416	3261
Encounter for administrative examinations, unspecified	402	
Encounter for immunization	299	
Type 2 diabetes mellitus without complications	224	
Personal history of nicotine dependence	98	

Ochelata HC	#	Total Visits
-------------	---	--------------

Essential (primary) hypertension	189	1433
Encounter for immunization	180	
Encounter for administrative examinations, unspecified	140	
Hypertlipidemia, unspecified	127	
Underimmunization status	127	

Ga Du Gi HC	#	Total Visits
-------------	---	--------------

Acute maxillary sinusitis	93	299
Acute maxillary sinusitis, unspecified	92	
Allergic rhinitis due to pollen	53	
Encounter for immunization	36	
Encounter for administrative examinations, unspecified	24	

Three Rivers HC	#	Total Visits
-----------------	---	--------------

Encounter for administrative examinations, unspecified	840	5361
Encounter for immunization	614	
Essential (primary) hypertension	424	
Type 2 diabetes mellitus without complications	270	
Underimmunization status	231	

Will Rogers HC	#	Total Visits
----------------	---	--------------

Essential (primary) hypertension	306	1666
Encounter for immunization	221	
Type 2 diabetes mellitus without complications	181	
Hypertlipidemia, unspecified	170	
Generalized anxiety disorder	82	

AMO HC	#	Total Visits
--------	---	--------------

Encounter for administrative examinations, unspecified	431	2814
Essential (primary) hypertension	361	
Type 2 diabetes mellitus without complications	309	
Encounter for immunization	279	
Encounter for screening, unspecified	256	

Redbird HC	#	Total Visits
------------	---	--------------

Encounter for immunization	642	3342
Encounter for administrative examinations, unspecified	498	
Essential (primary) hypertension	386	
Type 2 diabetes mellitus without complications	318	
Other specified diabetes mellitus without complication	119	

Wilma P Mankiller HC	#	Total Visits
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Encounter for immunization	723	4116
Essential (primary) hypertension	517	
Type 2 diabetes mellitus without complications	348	
Encounter for administrative examinations, unspecified	345	
Encounter for general adult medical examination with	301	

Vinita HC	#	Total Visits
-----------	---	--------------

Encounter for immunization	395	3261
Encounter for administrative examinations, unspecified	275	
Essential (primary) hypertension	229	
Type 2 diabetes mellitus without complications	206	
Generalized anxiety disorder	141	

WW Hastings HC	#	Total Visits
----------------	---	--------------

Encounter for immunization	2008	10953
Essential (primary) hypertension	1139	
Encounter for administrative examinations, unspecified	793	
Type 2 diabetes mellitus without complications	552	
Underimmunization status	510	



## Summary Highlights for the month of October, 2016

- **AMO Health Center (AHC):** Opened 43 new charts; two 1 mile walks in recognition of Diabetes Month and participated in the Community Meeting in Locust Grove. **Cooweescoowee Health Center (CHC):** 160 new and re-activated charts; PHN Department attended Community Meeting held at CHC and gave influenza vaccines; Provided Thanksgiving Food Baskets to five families. **Three Rivers Health Center (TRHC):** Staff collected items for Standing Rock. **Vinita Health Center (VHC):** 147 new charts opened; 63.7% of the patients seen this month had some form of third-party insurance; 20 new Affordable Care Act enrollments; PHN staff had 12 Community Flu Clinics, a hand-washing training to White Oak School students and coordinated a Blood Drive at VHC; 120 people attended the Osiyo Expo; staff attended a Tribal Council Community Meeting in Ketchum; VHC completed a Tabletop Exercise with Tribal Emergency Management. **Wilma P. Mankiller Health Center (WPMHC):** Public Health Nurse and Patient Benefit Coordinators attended Cherokee Nation Industries Benefits/Health Fair; Staff attended District 8 meeting in Baron; Community Flu Clinics at Bell School Carnival, Dahlenegah School Carnival and Bell Community Starr of Bethlehem Church.

- **CN-WW Hastings Hospital-**

### Announcements

On Wednesday, November 23, 2016, Dr. Dorsett, Chief of Obstetrics and Gynecology, and Dr. Smallwood, Chief Medical Officer, hosted Dr. Joe Johnson, Chair of Obstetrics and Gynecology for the Oklahoma State University Center for Health Sciences, and Dr. William Poe to finalize plans for W.W. Hastings to host OB-GYN residents. This arrangement will allow for residents that have completed at least two years of residency to participate in clinical educational rotations here and provide around the clock, on-site medical coverage for the hospital while also increasing our opportunity to recruit highly qualified providers after having had the chance to know them and their practice. Dr. Nolan and Dr. Stallcup were also involved in the discussion and we hope to begin hosting residents on January 1, 2017.

### Achievements

During our Facilities Management Executive Update on November 28, 2016, it was noted that we have successfully implemented two of the recommendations for Materials Management from the Camden Group. Recommendations on supplies and provider preference items included standardizing indwelling urinary catheters and surgical gloves, including the elimination of latex in surgical gloves.

### Patient Access

- The Emergency Department and Urgent Care provided care to 6,301 patients during November with a Left Without Being Seen (LWOBS) rate of 3.2%. This represents a second consecutive month during which our LWOBS rate has been less than 4%.
- Surgical Services performed 346 surgical procedures during November 2016.
- Cardiopulmonary performed 81 In-Lab Sleep Studies and 42 Home Sleep Tests during November.
- Patient Transport transported 172 patients during November 2016.

- **Dental Services: Clinical visits** include Exams, Emergency Exams, Return Visits for Treatment, Diabetic Screenings, and Headstart Screenings, **7427**. **Scheduled Dental Examinations** for routine care; **2,201** Clients were served. **Emergency Exams**- These are unscheduled walk in patients **1,071**
- **Emergency Medical Services**– the program transported **446 clients**; of those 279 were emergency transports. In addition **507** participants were trained at our facility.
- **Public Health Nursing**– provided 459 home visits, **30** post-partum checkups. In addition **302** patients were transported.
- **JBC**– Served **27** clients; of those 16 were males and 11 were females. Several clients partook in a 5K in Miami, OK. Staff attended trainings such as working together and reasonable suspicion and infection control. Rachel Howard gave “Interview Skills” presentation to NSU Social Work Department.
- **Dietary Services**–**820** clients were provided dietary counseling services. The services include Classes for Diabetes, hypertension, Blood pressure class, Weight Mgmt., and healthy cooking, employee wellness activities, healthy holidays presentation, healthy holiday tips and taste test; DM Health Fair, Osiyo Expo Cooking Class. MNT Classes: **36** number of participants in the classes. Worksite or Community Classes/Presentations: **30**.
- **Staffing Report**– Total positions: **2,436**; of these **2,170**(89.1%) are filled, 266(11%) are vacant.
- **Health facilities** –The program has research disposal of the dental medical waste; Tested the MSDS digial.com website throughout the month to see if will work as a replacement source for information; Developed a Construction Risk Assessment for Cooweescoowee HC; Attended the System Wide Infection Control meeting; Completed 87% of all preventative maintenance projects, leaving only 13% to carry over to December; Attended Administrative and Executive Committee meetings; Repaired emergency generator to Vinita; Ordered and delivered housekeeping supplies to the Tahlequah locations; Health Services vehicle fleet consists of 162 vehicles.
- **Community Health Promotion**- The program works directly with Cherokee communities, youths, and schools within the CN Jurisdiction to support healthy lifestyles and sponsors risk prevention. The program offered Smoking Cessation classes at various locations.
- **Community Recreation Center**
  - Total Members: 10,261
  - Revenue: \$3,280.00
  - Total Visits: 6,219
  - Total Group Fitness: 2,938
  - Total Child Watch: 465
- **Youth Risk Behavior Survey** – We have received input from the CDC and are making preparations to distribute.
- **Public Health Accreditation**- Cherokee Nation Public Health is PHAB accredited. We are the first tribal public health system to achieve this important milestone. We are now working 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. In addition, we have obtained the Branding Guide from tribal Communication
- **Sequoyah County PHEs Mary Owl and Lacey Wallace**- Breast Cancer Awareness walk was held for employees and patients with 42 participants. PHE’s hosted diabetes awareness walk at RSHC and had 52 participants. PHEs also assisted with hosting an obstacle course for 10 cub scouts that needed to earn their course badges. Attended Ki Bois Fall Networking Round table discussion at People Inc. RSHC Community Gardens/greenhouse was cleaned out and will be used again in the spring time (starting around Feb-Mar). Meeting with Turning Point partner Louise to complete partner report, go over 3 year PICH budget, and work plans. Hosted Ki Bois 2<sup>nd</sup> annual Free Community Thanksgiving dinner at Sallisaw middle school and served 300 people.
- **Cherokee County – PHE Hillary Mead and Sonya Davidson** – PHE’s assisted Woodall, Hulbert, Lowery, and Cherokee Schools with their school health index assessment and improvement plan. Schools completed the SHI

with their school's health and fit committee consisting of at least 4 members. They were able to talk amongst each other to discuss their school's ratings for each question and develop an action plan based on their weaknesses. PHE's have deliveries to all 9 recipients of the School Health Leadership Award, PHE completed a parent training with Sequoyah Elementary Head Start program with 6 participants. PHE met with Lowery school about Farm to School and Tobacco Free School initiatives with the PICH grant. PHE is working with Hastings WIC specialist now that Ashley Comiford is out on maternity leave.

- **Adair County – PHEs Charlie Stilwell and Teresa Eagle** – PHE's went to Rocky Mountain and Stilwell Elementary to pick up packing slips from the delivery of physical education material purchased by Principal Leadership Grant. Also met with Rocky Mountain about SHI. PHE's went to Cave Springs School to pick up packing slips and to see if all physical activity equipment was delivered. PHE's worked with Rocky Mountain on competing the SHI for the Leadership grant. Delivered garden items to Cherokee Children's Mission as part of the PICH grant. PHE's went to Lyon Switch community center to determine if a community garden could be set up.
- **Delaware/Ottawa Counties –PHEs Trisha Nichols and Cindy Tuder**-PHEs working with Kansas Schools regarding the upcoming cultural day. Sponsored Diabetes Walk in Kenwood and Jay. PHE's assisted Kenwood Schools in completing the Physical Education module of the SHI. PHE assisted with TSET in the promotion of obesity and smoking prevention. Assisted with smoking prevention classes held during the month. Assisted with physical fitness surveys at Colcord Schools.
- **Maves and Rogers Counties– PHEs Tony Ballou and Ronnie Neal** - PHE's provided tobacco cessation counseling at AMO HC. Working with the RAE Corporation in Pryor on Tobacco Free policies and offering cessation classes to employees. Assisting with the Chouteau-Maize schools to provide cessation programs. Working with Osage Schools on tobacco free policies. Worked on diabetes awareness month walks. PHE put on 2-1 mile walks on Nov. 18<sup>th</sup> to raise awareness of National Diabetes Awareness Month, in partnership with the Cherokee Nation Diabetes Prevention Program with over 50 participants. Facilitated a School Health Index (SHI) session on school Physical Activity at Osage School. Sponsored a chili cook off and luncheon for the Salina community as a fundraiser.
- **Muskogee County – PHE Jason Shelor and Stephanie Buckskin**- PHE's are working with the Warner community including the Warner Schools to start community gardens, year 3 of the PICH grant, and for the school to become a tobacco free workplace. PHE's are working with Braggs schools on another mobile farmer's market and community garden project. Working closely with representatives from Dal-Tile and have developed a written policy regarding smoking and tobacco use at the business. Working with CN WIC program on surveys and providing technical assistance needed while Dr. Comiford is on leave. Assisting with Smokeless Tobacco Survey. Working with Chief Pharmacist at TRHC regarding the tobacco clinic. Assisting Wagoner County with the local Great American Smoke Out events.
- **Washington/Craig/Nowata Counties – PHE Amy DeVore** – PHE's working with Welch schools on the PICH grant for year 3. Working with Bluejacket School on survey assessments. Working with Vinita schools on survey assessments. Provided an information booth at the Osiyo Expo at the Vinita HC.
- **Contract Health Services**– During the month of November 2016, CHS program processed **7,890**; of those **7,706 (97.7%)** were **approved** at the cost of \$ **3,255,938**.
- **Behavioral Health Services**— A range of behavioral health Services were provided across 2184 visits to Behavioral Health. The services provided ranged from psychiatric services to rigorous psychological assessments to parent-child interaction therapy and included individual, group, and marriage and family therapy.



## **FLU SEASON IS UP ON US**

### **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.

**Completed candidates approved to start** (processed and at contract stage)

- Joe Russell, DO (WWH-UC) PRN-Start date 12/19/16 (current Resident at WWH)
- Yakiji Bailey, DO (WWH-EM) PRN- Start date 12/19/16
- Jodee Pierce, Hygienist (SHHC) R/FT-Start date 12/19/16
- Melissa Gastorf, DO (Vinita) Start date 1/9/17
- Jeffery Gastorf, DO (Vinita) Start date 1/9/17
- Therese Amigo, MD (TRHC) Start date 1/9/17
- Delcia Susie Robertson, ARNP (WWH-UC) Start date 1/9/17 (current LT)
- Kristin Meyers, ARNP (WWH-primary care)-Start date 1/9/17
- Jackie F. Odell-Miller, ARNP (WWH-OB/GYN) Start date 1/9/17
- Matthews Williams, Pharmacist (RSHS) Start date 1/9/17
- Diana Drvostep, Pediatric DDS (TRHC)-Jan 2017

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

Clinic Vacancies:

- Physicians: 9
- APRN: 2 & 1PRN

WWH Vacancies:

- Physicians: 2 PRN for Pediatric Inpatient
- CN Midwife: 1
- APRN: 2 PRN for UC, & 1 Primary Care

Dental, Pharmacy, BH, and PT- No Vacancies

**Sourcing Update**

Physician positions posted on Practice Link and can be shared via email, Go to [www.practicelink.com](http://www.practicelink.com)

Physician and Mid-level positions posted on Three Rural Net; [www.3Rnet.org](http://www.3Rnet.org) , which targets job seekers for rural communities and loan repayment. We also post on National Health Service Corp and HIS, specifically targeting job seekers looking for loan repayment.

CNB Talent Advisors, Chrystal Burritt and Katherine Vilfordi, are working with us to surface physicians through their networks full advertisement swing. The link and the job order number is Job #10724 online at [www.cherokee-cnhs.com](http://www.cherokee-cnhs.com).

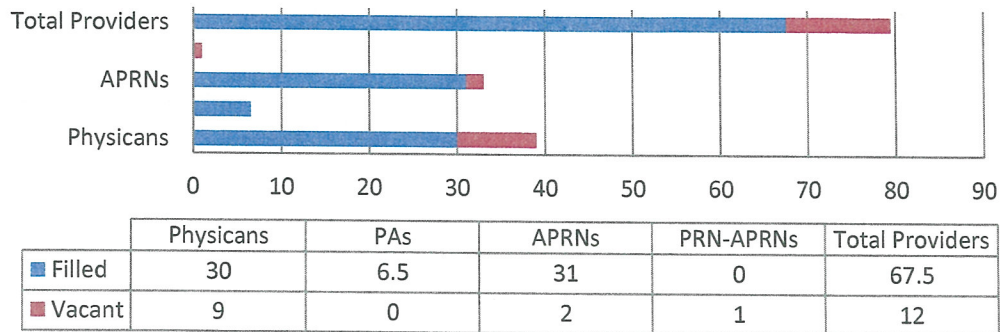
A physician recruitment video was produced by CN Media and uses our message "I Choose Cherokee". This will be a great addition to branding our message.

**Recent Selections** (packet issued, pending receipt and/or processing)

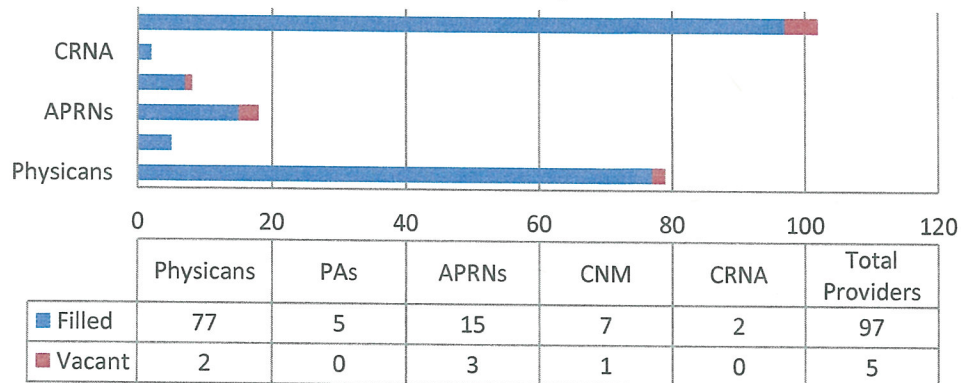
- APRN, Regular FT, Salina
- APRN, Regular FT, Stilwell
- MD, Regular FT, Nowata
- DO, Transfer Regular FT, Stilwell



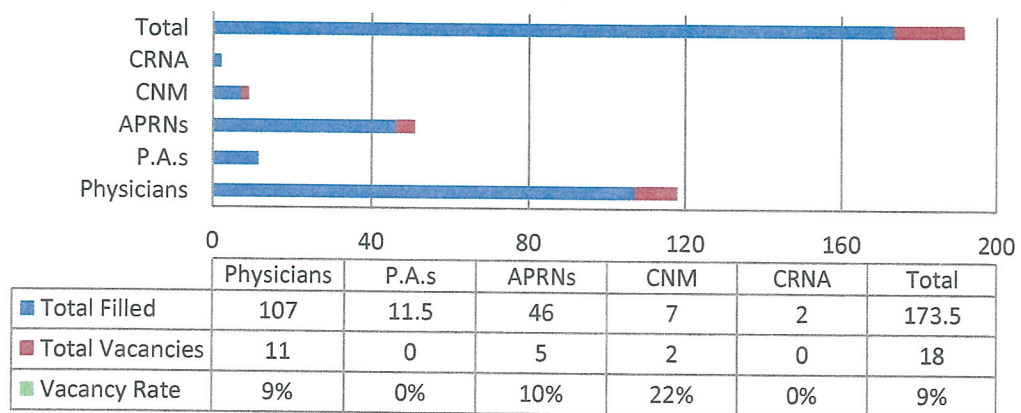
### Health Facilities Providers 15.1% Vacancy Rate



### WWH Hospital Providers 4.9% Vacancy Rate



### Total CNHS Providers 9% Vacancy Rate



Vacancy Rate Measures Vacancy percentage of Total positions (Filled & Vacancy).