



Cherokee Nation Tribal Council Health Committee Report

Claremore Indian Hospital

Month/Year of the report: November 2017

George L Valliere 918-342-6434

Email: george.valliere@ihs.gov

Accomplishments:

- **Staffing:** Active announcements out for Chief of Family Medicine and staff Surgeon.
- **Visits:** Outpatient visits for November up 4.7% over the same period the previous year.
- **Revenues:** Revenues for FY2018 decreased 23.6% over the same period the previous year.

Future Plans / New Initiatives:

- New Services:
 - Orthopedic patients still being sent to Dr. Wheeler's Group in OKC. Still waiting review by Hillcrest Legal Department.
 - Remodel work for Women's Health nearing completion. ER design and remodel has been awarded. Upgrade on Med-gas system beginning.

Workload:

	<u>Actual numbers/month</u>		<u>CN</u>
Outpatient visits up	4.7%	24,361	12,182/(6119 patients)
Dental visits up	12.4%	865	635
Admissions down	36.7%	50	47
Newborns down	35.7%	18	16
New charts		381	
Reactivated Charts		537	

These statistics are compared to FY2017 statistics for the same time period. (November)
Occupancy rate for November 2017: 16.0%

Third Party Collections:

November collections

Medicare:	\$ 667,347.61
Medicaid:	496,819.34
Private Insurance:	755,973.03
V.A.	<u>30,912.29</u>

\$ 1,951,052.27

Year-to-date collections for FY 2018: \$ 3,948,501.29

Amount billed for November 2017: \$ 3.5 million

Collections are down compared to FY2017 collections for same time period. \$ 1,221,759.82

Percentage of account receivables pending for claims > 120+ days: 3%

PRC Activities:

November cases

Funded:	289 cases:	\$ 922,140.00
Denials:	311 cases:	\$ 738,821.00
Deferred:	354 cases:	\$ 312,995.00
CIH clinics:	5 cases	

Files to Committee 959

Cherokee Nation Tribal Council Health Committee report

Report By

Dr. Charles Grim, DDS, MHSA

Executive Director Health Services (Interim)

December 2017

Table of Contents:

I. Charts and Tables.....3-10

- Ambulatory Care Patient Visits by Clinic November 2015-2017
- Total Ambulatory Patients Visits- November 2015-2017
- RX by Site November 2017
- Dental Services Trends November 2015 - 2017
- Emergency/Urgent Care Trend at CN WW Hastings Hospital November 2015-2017
- Rate trend for Patients Left w/o Being Seen, CN WW Hastings Hospital November 2015-2017
- Surgical Procedures Performed at CN WW Hastings Hospital November 2015-2017
- Staffing Trend November 2017
- Third Party Revenue by Health Center thru Oct 2016- Oct 2017
- Total 3rd Party Revenue Comparison, Health Centers/ Dental Services Only, Oct-Oct (FY 2015-FY 2017)
- Third Party Revenue Comparison CN WW Hastings Hospital (Oct 2015- Oct 2017)
- Monthly Cash Collection by Fiscal Year
- CHS Report, November 2017
- Top Diagnosis by Clinic

II. Executive Summary Reports.....11-16

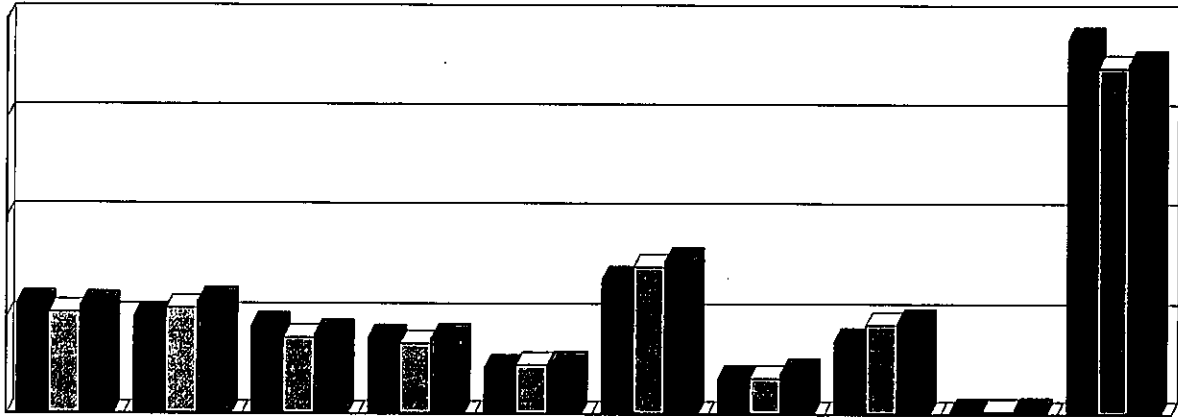
III. OFFICE OF PROFESSIONAL RECRUITMENT, RETENTION, AND CREDENTIALING..... 16-17

IV. Information sheet on Diabetes.....17- 19

Charts



AMBULATORY CARE VISITS by Health Centers, November 2015- 2017

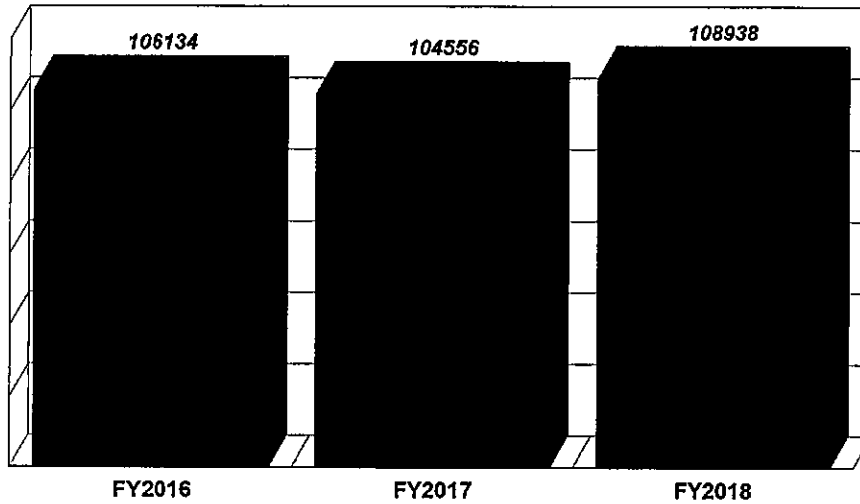


	WPM	RBS	AMO	JAY	NOW	MUSK	OCHELATA	VINITA	GADUGI	HASTINGS
■ FY2016 All p	11285	9958	9084	7805	4730	13786	3721	7536	309	37920
□ FY2017 All p	10373	10790	7829	7236	5040	14989	3760	9133	329	35077
■ FY2018 All p	11110	11517	8281	7813	5082	15567	4374	9377	355	35462

■ 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



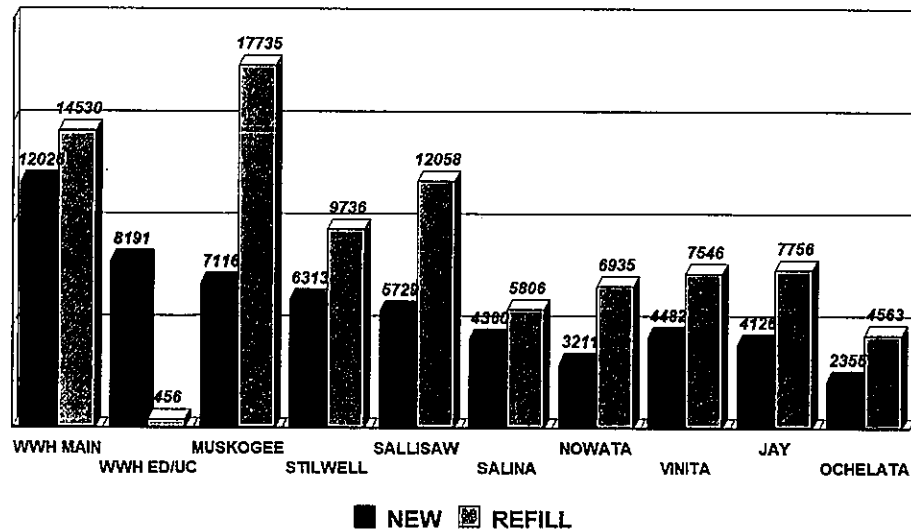
TOTAL AMBULATORY PATIENTS VISITS November 2015-2017



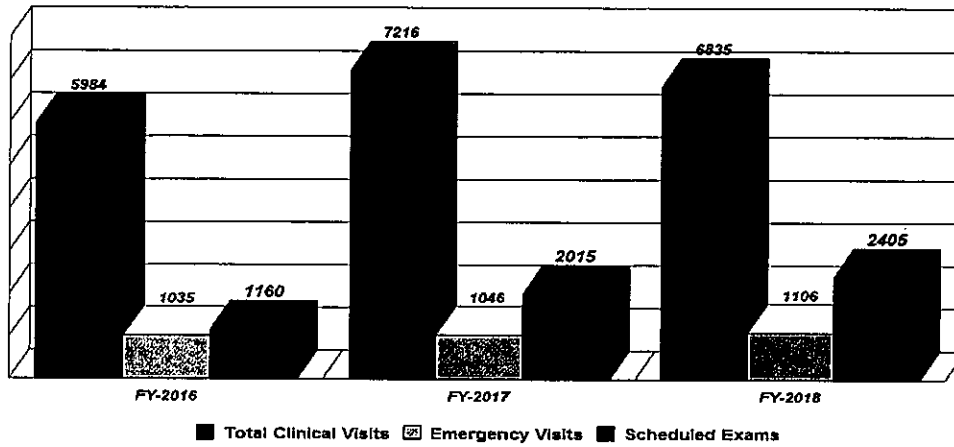
■ This report is based on ambulatory care visits from Health Centers and CN-Hastings Hospital



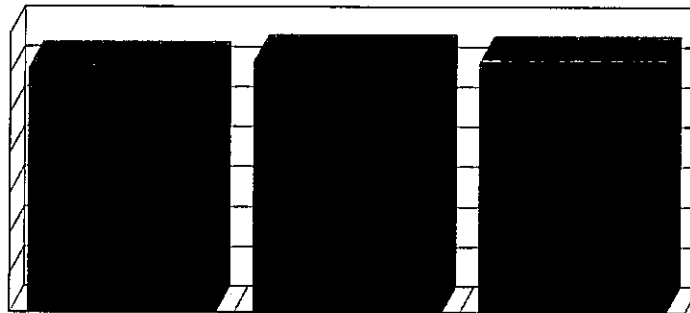
No. of RX filled by health facility November 2017



Dental Services Trend November 2015- 2017

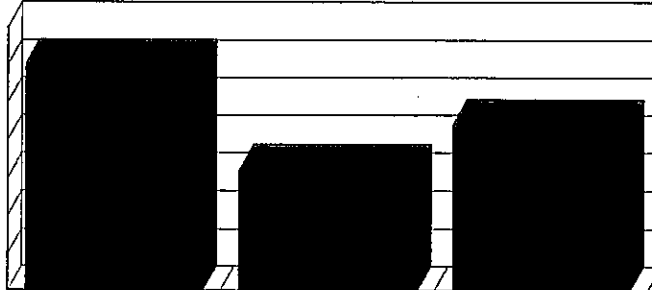


Emergency/Urgent care Trend at CN WW Hastings Hospital November 2015- 2017



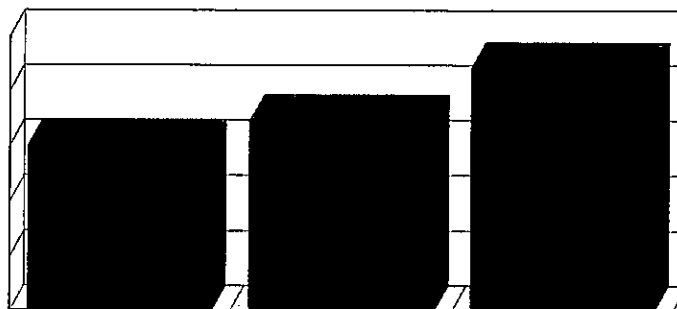
	NOV-2015	NOV-2016	NOV-2017
■ ED/Urgent Care	6110	6301	6258

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



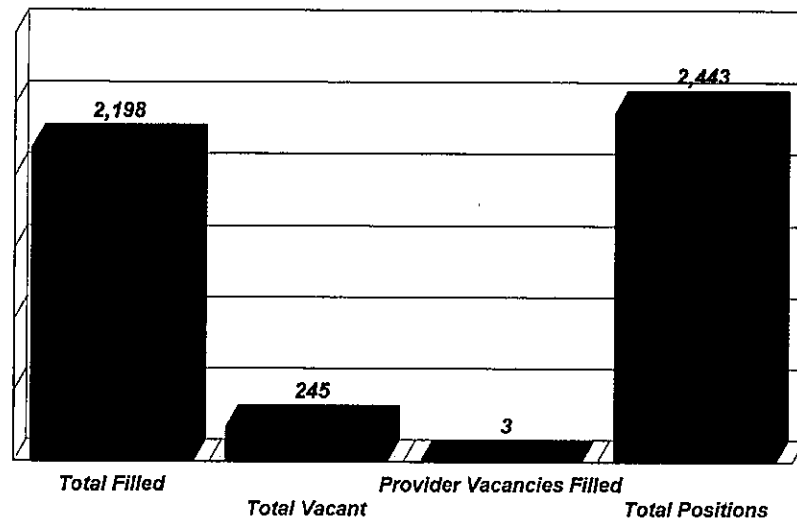
	NOV-2015	NOV-2016	NOV-2017
■ Left without Being Seen Rate	6%	3%	4%

**Surgical Procedures Performed at
CN WW Hastings Hospital November 2015- 2017**

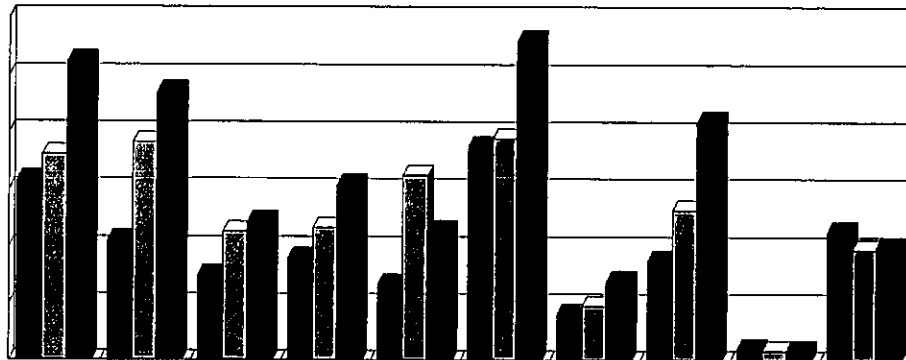


	NOV-2015	NOV-2016	NOV-2017
■ Surgical Procedures performed	300	346	441

Staffing Trend November 2017



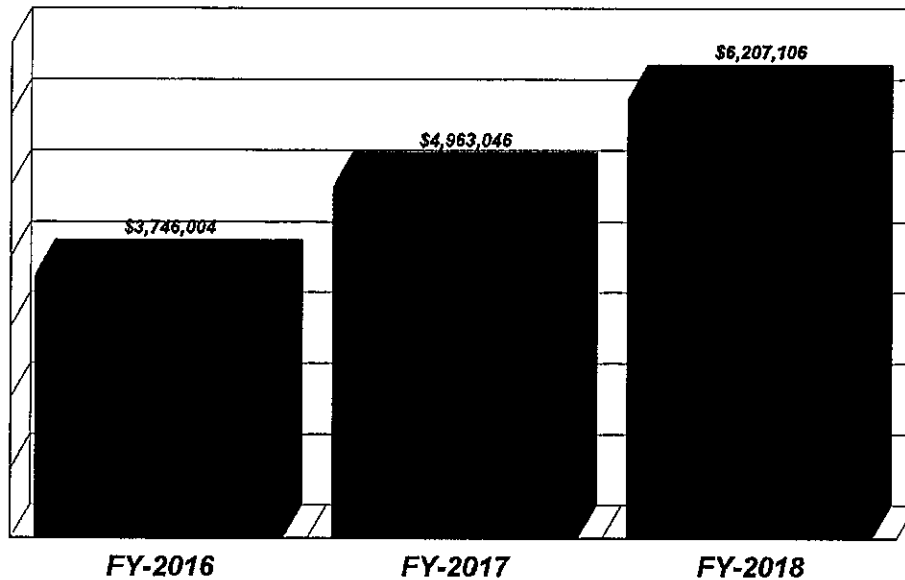
Third Party Revenue by Health Centers OCTOBER 2015-2017



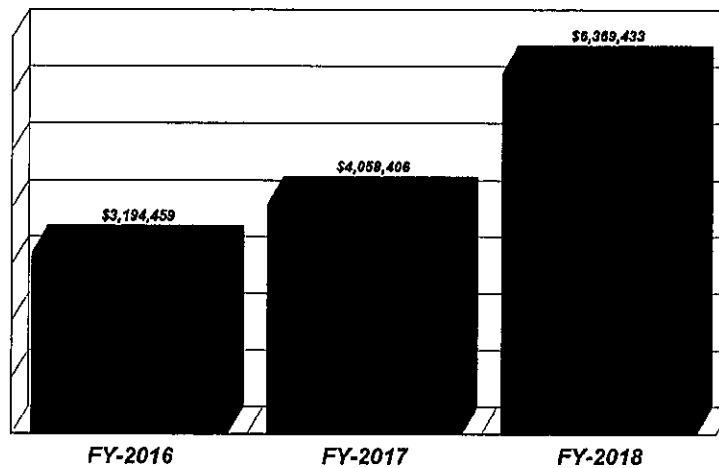
	Stilwell	Sallisaw	Jay	Salina	Nowata	Muskogee	Ochelata	Vinita	Ga Du Gi	Dental
FY-2016	\$629,794	\$422,894	\$299,535	\$358,669	\$288,925	\$749,335	\$166,795	\$351,649	\$43,908	\$454,500
FY-2017	\$718,267	\$761,050	\$450,905	\$466,802	\$644,566	\$774,590	\$192,208	\$527,760	\$37,092	\$390,734
FY-2018	\$1,044,587	\$840,882	\$487,806	\$812,613	\$455,328	\$1,117,341	\$279,954	\$835,573	\$35,952	\$397,070



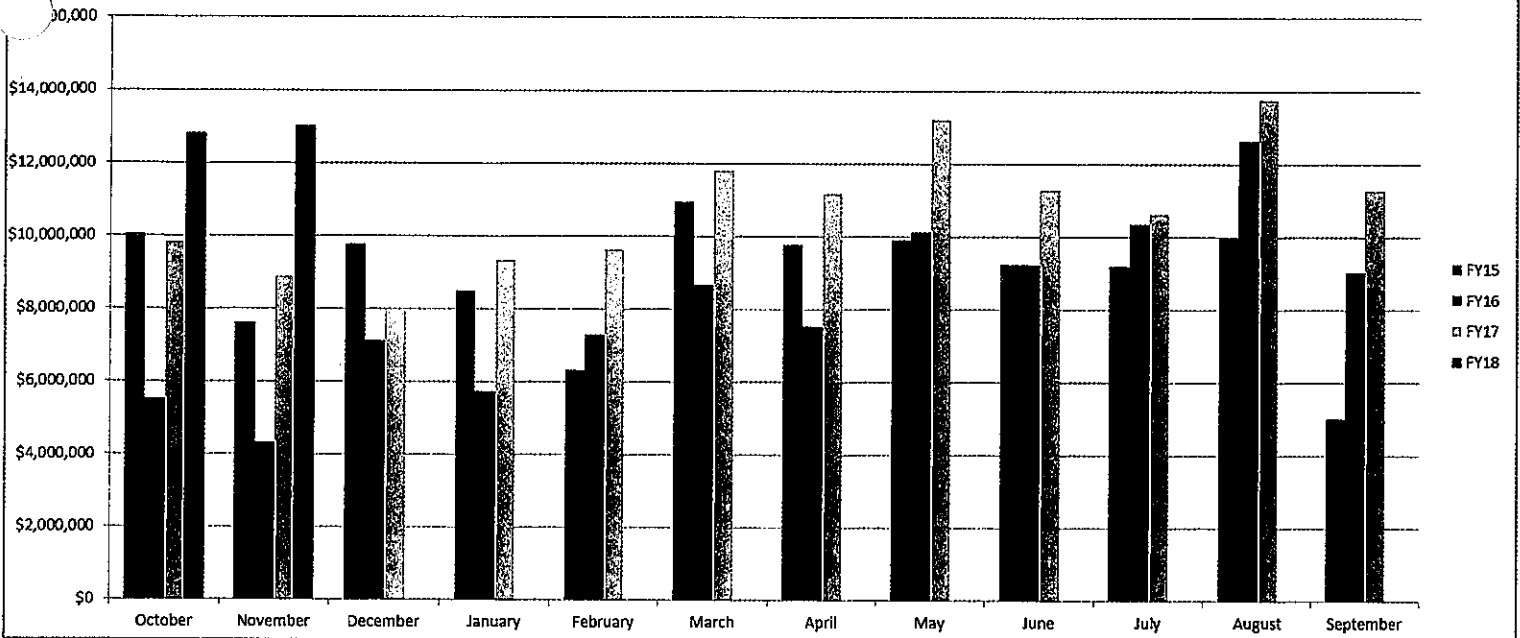
**Total Third Party Revenue Comparison
(Health Centers/Dental services only)
-Thru October(FY2016-FY 2018)**



**Third Party Revenue Comparison
CN WW Hastings Hospital
October FY2016-2018**



Monthly Cash Collections FY15 through FY18



CHS Report as of November 30, 2017

CAN	Description	Paid	HASTINGS Open	Total	Paid	STILWELL Open	Total	Paid	SALLISAW Open	Total	Paid	JAY Open	Total
J50XB01	HASTINGS OI	1,784.18	11,890.00	13,674.18	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
J50XB02	MERP	9,795.41	2,467.00	12,262.41	8,766.68	12,560.24	21,356.92	6,614.04	19,161.00	24,775.04	304.46	1,500.00	1,804.46
J50XB03	INPATIENT	328,198.23	644,294.00	972,492.23	11,838.09	82,833.00	94,671.09	20,257.16	63,751.00	84,008.16	1,500.00	1,500.00	3,000.00
J50XB04	OUTPATIENT	582,390.37	1,512,873.00	2,095,263.37	92,238.89	440,551.84	532,790.73	89,964.65	438,981.61	528,946.26	47,733.41	360,013.00	407,746.41
J50XB05	SUBSTANCE ABUSE	64,220.00	28,000.00	92,220.00	2,200.00	2,600.00	4,700.00	7,910.00	0.00	7,910.00	0.00	0.00	7,910.00
J50XB06	BEHAVIORAL HEALTH	48,840.00	31,610.00	80,450.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
J50XB08	DENTAL	40,103.47	72,640.00	112,743.47	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
J50XB19	DIABETIC SHOES	1,944.74	1,900.00	3,844.74	0.00	0.00	0.00	1,090.23	0.00	1,090.23	0.00	0.00	1,090.23
J50XB47	5% INPATIENT	34,499.79	42,487.00	76,986.79	0.00	0.00	0.00	0.00	0.00	0.00	2,050.00	2,050.00	2,050.00
J50XB48	5% OUTPATIENT	19,417.73	3,700.00	23,117.73	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5,400.00	5,400.00
J50XB49	5% DENTAL	53,282.16	28,900.00	82,182.16	22,942.00	29,546.00	52,488.00	42,300.00	12,300.00	54,600.00	6,230.50	25,895.00	31,125.50
J50XB50	5% VISION	56,873.55	20,235.62	77,109.17	23,335.04	14,600.00	38,935.04	26,254.38	13,587.00	41,841.38	21,811.96	6,331.00	28,142.96
TOTALS		1,245,372.69	2,399,997.62	3,645,370.31	161,950.50	562,591.08	724,541.58	196,390.45	546,788.61	743,171.06	75,080.33	401,189.00	476,269.33

CAN	Description	Paid	SALINA Open	Total	Paid	NOWATA Open	Total	Paid	MUSKOGEE Open	Total	Paid	VINITA Open	Total
J50XB01	HASTINGS OI	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
J50XB02	MERP	2,898.63	1,098.00	3,996.63	1,193.58	1,739.85	2,933.43	1,467.86	10,766.00	10,766.00	2,542.19	7,330.00	9,872.19
J50XB03	INPATIENT	0.00	0.00	0.00	330.08	3,200.00	3,530.08	23,800.00	25,267.86	25,267.86	0.00	0.00	25,267.86
J50XB04	OUTPATIENT	180,590.38	427,097.00	607,687.38	71,818.97	185,420.00	257,238.97	118,330.83	567,936.00	686,266.83	89,469.53	228,902.00	318,371.53
J50XB05	SUBSTANCE ABUSE	9,900.00	25.00	9,925.00	3,300.00	4,276.00	7,576.00	0.00	0.00	0.00	0.00	2,850.00	2,850.00
J50XB06	BEHAVIORAL HEALTH	899.00	2,850.00	3,749.00	0.00	0.00	0.00	3,850.00	3,850.00	3,850.00	0.00	4,850.00	4,850.00
J50XB08	DENTAL	915.08	0.00	915.08	0.00	0.00	0.00	0.00	0.00	0.00	3,975.00	4,850.00	4,850.00
J50XB19	DIABETIC SHOES	915.08	0.00	915.08	314.78	314.78	629.86	0.00	0.00	0.00	3,975.00	4,850.00	4,850.00
J50XB47	5% INPATIENT	0.00	0.00	0.00	3,085.94	7,500.00	10,585.94	19,241.35	19,241.35	19,241.35	233.81	3,655.00	3,888.81
J50XB48	5% OUTPATIENT	0.00	200.00	200.00	0.00	0.00	0.00	357.74	357.74	357.74	0.00	3,000.00	3,000.00
J50XB49	5% DENTAL	16,396.50	4,352.00	21,748.50	0.00	0.00	0.00	19,689.00	8,320.00	28,009.00	41,395.00	39,893.00	81,288.00
J50XB50	5% VISION	15,099.25	2,579.00	17,678.25	16,310.25	4,337.00	20,647.25	13,394.48	7,849.00	21,243.48	39,058.19	15,887.00	54,945.19
TOTALS		227,297.84	436,901.00	664,198.84	96,351.60	205,471.85	301,823.45	172,481.26	622,521.00	795,002.26	177,489.20	395,994.00	483,472.20

CAN	Description	Paid	CLAREMORE Open	Total	Paid	OCHELATA Open	Total	Paid	TOTAL Open	Total
J50XB01	HASTINGS OI	0.00	0.00	0.00	0.00	0.00	0.00	1,794.18	11,890.00	13,684.18
J50XB02	MERP	1,720.00	1,720.00	3,440.00	550.00	165.00	715.00	34,414.38	64,307.09	98,721.47
J50XB03	INPATIENT	0.00	0.00	0.00	0.00	0.00	0.00	360,032.41	793,378.00	1,153,410.41
J50XB04	OUTPATIENT	31,123.68	563,759.82	594,883.50	54,437.02	310,536.00	364,973.02	1,418,096.53	5,036,070.27	6,454,166.80
J50XB05	SUBSTANCE ABUSE	6,800.00	0.00	6,800.00	0.00	2,500.00	2,500.00	94,130.00	40,160.00	134,290.00
J50XB06	BEHAVIORAL HEALTH	3,575.00	0.00	3,575.00	0.00	0.00	0.00	62,415.00	42,860.00	105,275.00
J50XB08	DENTAL	62.95	0.00	62.95	0.00	0.00	0.00	44,382.47	72,640.00	117,022.47
J50XB19	DIABETIC SHOES	62.95	0.00	62.95	0.00	0.00	0.00	5,082.17	1,000.00	6,082.17
J50XB47	5% INPATIENT	0.00	0.00	0.00	109.81	8,625.00	8,734.81	57,230.70	64,228.00	121,458.70
J50XB48	5% OUTPATIENT	0.00	0.00	0.00	0.00	0.00	0.00	19,775.53	12,300.00	32,075.53
J50XB49	5% DENTAL	0.00	0.00	0.00	5,982.50	17,670.00	23,652.50	213,817.66	167,382.00	381,199.66
J50XB50	5% VISION	0.00	0.00	0.00	3,191.76	15,562.00	18,753.76	214,743.10	101,068.62	315,811.72
TOTALS		103,081.63	563,759.82	666,841.45	70,271.09	355,078.00	425,349.09	2,516,673.83	6,403,273.98	8,919,947.81

	Budget	TOTAL Paid	Open	Balance	Projected Annual Expend	Projected Bal At Year End
COMPACT	28,438,662.00	1,877,379.69	5,962,838.27	20,598,444.04	47,041,307.76	(18,602,645.76)
SUB ABUSE	324,000.00	94,130.00	40,160.00	189,720.00	805,680.00	(481,680.00)
DIABETIC SHOES	350,000.00	6,082.17	1,000.00	343,917.83	36,493.02	313,906.98
5% DIVIDEND	6,500,000.00	539,381.97	399,288.71	5,560,732.32	5,635,608.08	884,393.92
TOTALS	35,612,662.00	2,516,973.93	6,403,273.98	26,692,814.19	53,519,086.86	(17,906,424.86)

Top Diagnosis by Clinic

Sam Hider HC	#	Total Visits
Essential (primary) hypertension	375	3909

Encounter for immunization	358	
Type 2 diabetes mellitus without complications	245	
Nicotine dependence, cigarettes, uncomplicated	165	

Ochelata HC	#	Total Visits
Encounter for immunization	334	1838

Essential (primary) hypertension	308	
Underimmunization status	219	
Type 2 diabetes mellitus without complications	211	
Vitamin D deficiency, unspecified	145	

Ga Du Gi HC	#	Total Visits
Acute maxillary sinusitis, unspecified	129	355

Acute maxillary sinusitis	122	
Allergic rhinitis due to pollen	103	
Essential (primary) hypertension	53	

Three Rivers HC	#	Total Visits
Encounter for immunization	888	6067

Essential (primary) hypertension	600	
Underimmunization status	493	
Type 2 diabetes mellitus without complications	453	

Will Rogers HC	#	Total Visits
Encounter for immunization	335	1944

Essential (primary) hypertension	325	
Type 2 diabetes mellitus without complications	257	
Hyperlipidemia, unspecified	184	

A MO HC	#	Total Visits
Encounter for immunization	511	3863

Essential (primary) hypertension	481	
Type 2 diabetes mellitus without complications	394	
Encounter for screening, unspecified	369	

Redbird HC	#	Total Visits
Encounter for immunization	1058	4579

Essential (primary) hypertension	533	
Type 2 diabetes mellitus without complications	344	
Type 2 diabetes mellitus with hyperglycemia	203	

Wilma P Mankiller HC	#	Total Visits
Encounter for immunization	871	5220

Essential (primary) hypertension	697	
Type 2 diabetes mellitus without complications	491	
Underimmunization status	283	

Vinita HC	#	Total Visits
Encounter for immunization	487	3909

Type 2 diabetes mellitus without complications	395	
Essential (primary) hypertension	350	
Generalized anxiety disorder	174	

WW Hastings HC	#	Total Visits
Encounter for immunization	2507	14106

Essential (primary) hypertension	1137	
Type 2 diabetes mellitus without complications	811	
Gastro-esophageal reflux disease without esophagitis	463	

Summary Highlights for the month of November 2017

- **A-MO Health Center (AHC):** 42 new charts. The staff recognized American Diabetes Month by conducting a Walk to Support Diabetes Prevention.
- **Cooweescoowee Health Center (CHC):** 112 new patients/reactivated charts. Public Health Nurses (PHNs) provided vaccines to Collinsville Public School teachers and faculty. PHNs did blood pressure checks at Skiatook Senior Meeting and Copan Senior Meeting. Staff provided 3 holiday food baskets to elder patients. Ms. April Seals started as a Clerk III and Jennifer Gray, RN, started work as a Case Manager. Amy Houser was awarded the Outstanding Employee for the Growth Pillar at the Health Services Award Banquet.
- **Sam Hider Health Center (SHHC):** 55 new/reactivated charts. Staff provided 10 families with Thanksgiving food baskets. They had their first Patient Family Advisory Council Meeting. Dr. Deirdre McAuley was selected as

the Employee of the Month. Employees who were recognized for going above and beyond were Marilyn Browning, Terra Eberle, Mandy Kirby, Dr. Henry Smith, Traci Tanner, Michelle Stoots, Janet Gorham, APRN, and Deloris Vanderpool. PHNs attended Colcord Health Expo and provided Hep C Awareness Education.

- **Three Rivers Health Center (TRHC):** 104 new patients. Staff participated in the Healthy Nation Annual Diabetes Awareness Walk. Tamme Garrison received the Pillar Award for Quality and Cindy Martin received an Executive Director's Outstanding Leader Award at the Health Awards Banquet. Pink Pearls, the Relay for Life Team, hosted a Canvas Painting to raise money. Dr. Diego Humphrey, Cardiologist began seeing patients. Robert Birdtail and Sarah Johnson were Employees of the Month.
- **Wilma P. Mankiller Health Center (WPMHC):** 42 new/reactivated charts. Flu clinics were held at Greasy Community Building, Dahlongah School Carnival, Bell School Carnival, Cave Springs School Carnival, Mid County Fire Department, Suicide Prevention Youth and Elder Event in Chewey, and the District 7 Meeting at Stilwell High School. Dara Fountain, Heather Thurman, Jill Eubanks, Lori Hogner, Melinda Moten, Nita Cochran, and Robert Stewart were nominated for Health Awards. Travis Fleming, Pharmacy Supervisor received the Finance Pillar Award at the Health Awards Banquet. New employees are Dustin Oxford, PA, Cara Stevens, Dental Assistant, Amy Poor, Nursing Assistant, Kassandra Rosas, Public Health Educator, and Shaina Kindle, Public Health Educator.

Cherokee Nation W.W. Hastings Hospital

Announcements

- Cherokee Nation received the remaining two ambulances from GSA to achieve the full complement of three new replacement ambulances for 2017.
- In support of the Great American Smoke Out on November 16th, we hosted a local radio station to provide on-air messages about smoking cessation.
- Hospital leadership worked as servers, with Dietary Services, on November 16th to provide hospital staff with Thanksgiving Lunch.

Achievements

- Steven Alvarez, a BioMedical Technician working at the Vinita Health Center, earned professional credentials as a Certified Biomedical Electronic Technician.

Patient Access

- Labor and Delivery delivered 74 babies during November 2017.
- The Emergency Department and Urgent Care provided care to 6,258 patients during November 2017 with a Left Without Being Seen (LWOBS) rate of 4.4%.
- Surgical Services performed 441 surgical procedures during November 2017.
- **Dental Services:** Clinical visits include Exams, Emergency Exams, Return Visits for Treatment, Diabetic Screenings, and Headstart Screenings: **6,835 clients** served. **Scheduled Dental Examinations** for routine care: 2,405 clients were served. **Emergency Exams-** These are unscheduled walk in patients **1,106 clients** served.
- **Emergency Medical Services--** the program transported **447 clients**; of those 323 were emergency transports. In addition **630** participants were trained at our facility.
- **Public Health Nursing--** Hastings PHN's provided **91** home visits, **724** clinic screenings/classes, and **533** phone call/audits/letters. Claremore PHN's provided **72** home visits/postpartum checks, **363** clinic screenings/classes, and **1,449** phone call/audits/letters and medical deliveries.
- **Diabetes Services-** November is the Cherokee Nation diabetes month. On Nov 22nd Chief Baker signed a DM Awareness Proclamation in support of tribal Diabetes initiatives. The program also hosted three Diabetes Awareness walks during the month of November. Ms. Teresa Chaudoin MPH, MA retired from the Cherokee Nation Diabetes Program, and Tara Ritter DNP, MSN, RN, CDE has filled the Director of the Diabetes Program

vacancy. Diana Sparks retired from WWH and Martha Cummings has filled the Clerk II position vacancy. Crystal Hurst RN resigned from Redbird Smith Health Center and Sarah Girty, RN filled the RN vacancy. Tara, Martha and Sarah are all Cherokee citizens, and Martha is a fluent Cherokee speaker. On Nov. 8th the Muskogee Annual Diabetes Advisory Committee Meeting was completed to meet AADE Accreditation requirement. On Nov. 14th the Stilwell Annual Diabetes Advisory Committee Meeting was completed to meet AADE Accreditation requirement. The American Association of Diabetes Educators (AADE) Diabetes Self-Management Education (DSME) accreditation renewal application for Redbird Smith Health Center was accepted and has been renewed for 4 years; the effective date is Nov. 23rd. To date for FY 17 \$112,588.61 has been spent to purchase DM shoes. 103 patients attended the Diabetes Self-Management Education classes in November 2017.

- **Cancer Control Program-** Call with IMPACT Partners to review CCC Plan and review Survivor interview questions and format; Interviewed two cancer survivors for updated CCC Plan; Liver Cancer Pilot Project October report submitted to ICF; DCPC Tribal Bi-monthly call; Meeting with Oklahoma State Comprehensive Cancer Control Coalition; Meeting with 7th Generation Planning Committee; Liver Cancer Prevention Pilot-call with ICF; CDC/CN monthly call with CCC Project Officer; national CCC program directors call; OSTA meeting; CDC anti-lobbying training/webinar; CNHS Process Data training report submitted to ICF.
- **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 449 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 \$24,362.24. Education/outreach was offered at a health expo in Salina, OK(60 participants); at Three Rivers HC in Muskogee, OK(18 participants); at Sam Hider HC in Jay, OK (15 participants); at First Christian Church in Pryor, OK (8 participants); at WW Hastings with 25 participants; at the Sac and Fox Tribal Health Conference in Stroud, OK (125 participants); at Dewey Senior Citizens in Dewey, OK (50 participants); at the Employee Health Fair in Tahlequah, OK (248 participants); at the Will Rogers HC in Nowata, OK (10 participants); at WW Keeler Complex Veterans Appreciation Day in Tahlequah, OK (80 participants); and at Sam Hider HC in Jay, OK again (20 participants).
- **Behavioral Health Service**—A range of behavioral health Services were provided to 2,089 clients across 2,799 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 26 clients in November. 20 of which were male; 6 of which were female. Darren Dry provided outreach services at the Hope Conference sponsored by the Creek Nation. Provided tour of the facility to staff of the Calm Center. Vickie Goodnight and Angela Sumter attended “Ethics 2.0 – When Clinical Goes Viral” in Tulsa, Oklahoma
- **Dietary Services**— 624 clients were provided dietary counseling services. The services include DSME Classes; DM Classes; Weight Mgmt Classes; Employee Activity Committee Activities; DM Ancillary Clinic; Lunch and Learn; DiaBingo; ECU Annual Conference-Nutrition Presentation; Fall Cooking Classes; Osiyo Expo; Assembly of “goodie bags” for DM Ancillary patients; Healthy Native Program-Nutrition Lessons; DM Awareness Walk; Nutrition Lessons- Coffeyville School. MNT Classes: 0 -number of participants in the classes. Worksite or Community Classes/Presentations: 132 (# of participants).
- **Staffing Report**— Total positions: 2,443; of these 2,198 (89.9%) are filled, 245 (10%) are vacant.
- **Contract Health Services**— During the month of November 2017, CHS program processed 9,273 referrals of those 9,023 (97.3%) were approved at the cost of \$ 4,229,165.
- **Health facilities** – Completed 185 Preventative Maintenance Work Orders. Completed 66 of the 84 Call-In work orders and all 9 property work orders; the Safety Officer changed the sharps boxes of the Markoma campus; reviewed all incident reports to present the trends at the Health System Risk Management meeting. Staff conducted a Physical Environmental survey for Behavioral Health and HERO Buildings. Developed the Risk Assessment of Redbird Smith HC painting project. Contractor completed installation of new boilers for the RSHC (original Annex portion); CNCR replacing concrete at entrance to Cooweescoowee Health Center. Vehicle fleet stands at 162 with several transfers within the Health Division.

PUBLIC HEALTH MONTHLY REPORT -November 2017

Community Recreation Center

Total Members: 11,686

Revenue: \$3,240.00

Total Visits: 7,130

Total Group Fitness: 3,471

Total Child Watch: 433

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.
- PHE assisted with Walk like MADD event hosted by the Sallisaw and Central NOW Youth Coalition downtown Sallisaw, OK. We had around 30 participants.
- PHE assisted with the first annual Markoma games fitness competition hosted in Tahlequah at the Male Seminary center.
- PHE assisted with the step 2 it walking/running group end of the year scavenger hunt event in Tahlequah.
- PHE's hosted diabetes awareness walk at Redbird Smith Health Center with 36 participants.
- PHE's Assisted with physical activity events at Veterans Appreciation event. Offered horseshoe pitch, human foosball, archery.
- Diabetes Prevention Program
- PHE started a new group at Brushy Community where we started out with 8 participants but at Session 3 there are a total of 5 participants. Group is going very well. Group started on November 14th and meets every Tuesday at 6pm at the Brushy Community Building.
- PHE is conducting maintenance session #2
- 11/14/17= 11 participants
- Community Garden – Redbird Smith Community Garden is still producing cilantro and lettuce.
- We will begin starter plants in the greenhouse starting in late February to early March.
- PHE met with Eagle Adventure staff about implementing the program at Belfonte.
- PHE assisted with Brushy Community Breakfast fundraiser.
- PHE's assisted Ki Bois with desserts and setting up tables for Free Community Thanksgiving Dinner
- Served Thanksgiving Dinner to community at Brushy Community Building.
- Held the Diabetes Walk at Redbird Smith Health Center. Approximately 46 participants.
- Grandview BMI (Body Mass Index)
- Cancer program interview for Cancer plan
- Peggs BMI (Body Mass Index)
- Redbird Smith Health Center all employee Thanksgiving Dinner.

- Eagles Scout fitness testing for personal fitness merit badge: PHE is working with the Sallisaw Eagles Scout group to help the boys earn a personal fitness badge. PHE developed physical activity sheets for the boys to achieve each week and every 2 weeks the boys must complete physical fitness tests in 1 mile timed run or walk, max effort 1 minute of sit ups, 1 minute max effort pushups, and sit and reach. The boys must also weigh in every 2 weeks and track their BMI data over the 12 weeks period. Performed fitness testing on 14 eagles scouts

Cherokee County – PHE Hillary Mead and Sonya Davidson

- PHE participated in the Cherokee Nation Early Childhood Conference on November 21st where I provided WINGS program applications and discussed the program.
- PHE assisted with the STEP 2 walking/running group's year end scavenger hunt on November 20th with 15 participants in attendance.
- PHE began BMI data collection for the School Health Award for the 2018 award year. I completed BMI collection for Grandview Elementary on November 3rd for grades K-8th and Peggs Elementary on November 7th. PHE has also administered Fruit and Vegetable survey to Peggs Elementary.
- PHE participated in the Great American Smoke Out on November 16th at WW Hastings Hospital where 16 quit kits were signed out. Overall Cherokee County delivered 82 quit kits to tobacco users at its 6 different locations.
- 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 began new Healthy Native Class on August 21st with 9 in attendance class meets Monday evenings 5:30pm.

Adair County – PHEs Charlie Stilwell and Tresa Eagle

- PHE's and Stilwell Farmers Market Board attended the monthly Adair County commissioners meeting to ask for permission to set up our Farmers Market on the Stilwell Bandstand in the middle of town located on the Court House lawn. The County Commissioners Board members agreed. Starting April 2018 we will have a new location this will boost the sales of produce for our vendors.
- PHE's continue working with patients who want to quit smoking on a one on one basis; PHE's have found this to be more effective on helping patients when they have a desire to quit. 4 one on one appointments.
- PHEs handed out Tobacco Cessation information and tobacco quit packs in Wilma P. Mankiller Clinic lobby to tobacco users that were interested.
- 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. We will be passing out incentives to the Walking Club at our next meeting.
- 44 Participants signed up for the WPMHC Walking Challenge.
- Walking Challenge is completed with 20 participants completing the 40 miles in two weeks challenge 24 finished the 30 miles in two weeks challenge. PHE's have seen a very positive change in our walking challenge members we have lost a combined 46 pounds during the 8 week challenge.
- January 8, 2018 we will start another challenge combining walking and daily food intake. This program will run for 6 months and will continue if participants desire.
- The Healthy Native Program has started their Lifestyle Change Program- Post-Care portion of the year long program. Participants are increasing their Physical Activity and still losing or maintaining their weight.
- November 6, 2017 this PHE signed up 13 students for the DPP Class. So far the students have had perfect attendance and continue to be productive with weekly homework and tracking their food, water and Physical Activity.
- PHE's will now be completing the schools SHI's and surveys so the new School Awards can be start.

- PHE's have contacted the schools participating in the School Award for 2017-2018 and have made the proper appointments and arrangements to gather data and information on students needed for this award year. 9 BMI's where conducted in Adair County along with 9 assessments.
- PHE's worked with Cherokee Nation Veterans and held activity stations for Vet's who wished to participate in fun activities with their family.
- Council member Frankie Hargis held an event located at the Stilwell High School Cafeteria PHE's set up a booth and handed out information over our programs we offer to our communities.

Delaware/Ottawa Counties –PHEs Trisha Nichols and Cindy Tudor

- PHE assisted with BMIs at Rocky Mountain School
- PHE assisted with the Locust Grove Fall Fest 5K
- PHE began a Diabetes Prevention Program Healthy Native class
- PHE assisted with the Cherokee Nation Veterans Appreciation Day activities
- PHE planning a kid's camp program for next summer
- PHE assisted with BMIs at Dahlongeh and Bell schools.

Mayes and Rogers Counties– PHEs Tony Ballou and Ronnie Neal

- PHE's provided 1-on-1 cessation counseling to 3 patients at the AMO Health Center in Salina.
- PHE's directed the CN WINGS Locust Grove 5K & Fun Run in Locust Grove, OK. 250 participants
- Established a walking group with 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 facilitated 2 Diabetes Awareness Walks, one at the AMO Health Center in Salina. We had over 40 participants take part. The second walk was held at the Claremore Indian Hospital.
- PHE's assisted youth at the Veterans Appreciation Recognition/ Joe Thornton Archery Range.
- PHE's continued with the Healthy Native class maintenance sessions at the AMO health center in Salina. 12 participants that have been in involved since the beginning.
- PHE's leading a Healthy Native class that meets on Mondays at noon with 15 participants.
- PHE's conducted BMI and P.E. evaluations at Osage K-8th School in Mayes County as part of the CN School Health Leadership Award.
- PHE's helped with BMI's at Grandview and Wickliffe schools.
- PHE Promoted/recruited for the Oklahoma Blood Institute upcoming Blood Drive here at AMO/Salina Health Clinic.
- PHE assisted with cooking/serving a meal for the Veterans Appreciation Recognition Day w/ over 200 people enjoying food and fellowship.
- PHE's continue to provide technical assistance for Salina, Wickliffe, and Osage Elementary for health school awards.

Muskogee County – PHE Jason Shelor and Ben Buckskin

- PHEs working on applications for Certified Healthy Muskogee County. There are 134 groups in the county that have adopted the tobacco-free ordinance.
- PHE continuing work with the pharmacists at TRHC on the tobacco free cessation program and clinic; to date, 781 patients have used the service.
- PHE teaches a boot camp class at TRHC. The fitness room averages more than 400 visits per month.
- PHEs working with other educators in gathering BMI data.
- A running/walking group will begin in January.
- PHE hosting DPP/Healthy Native classes.
- PHEs participated in the Cherokee Nation Veterans Appreciation Day event in Tahlequah.
- PHEs hosted a Diabetes Awareness Walk at TRHC.
- PHE attended the Muskogee Wellness Initiative meeting to discuss improving access to healthy food in the city.

Washington/Craig/Nowata Counties – PHE Amy DeVore

- PHE presented a School Health Award to Bluejacket SHI

- PHE hosted a liver cancer prevention presentation at the Nowata CAN group meeting. Presentation was done by Dr. David Gahn.
- PHE participated in the Osiyo Expo, a health and information fair, for the public
- PHE participated in the OSTA meeting
- PHE assisted other educators at the Locust Grove Fall Challenge 5K and the Nowata BOO-YAH 5K races

Primary Prevention Program Report – Hillary Mead

TSET (Tobacco Settlement Endowment Trust) Healthy Living Program Grant

- As part of the TSET Healthy Living Program grant, the grant coordinator has taken out the Oklahoma Certified Healthy Program to schools, businesses and organizations within Adair County. This program recognizes those sectors for implementing initiatives to promote health. There were a total of 4 Businesses, 1 campus, 2 Early Childhood Programs, and 8 schools that applied this year. Numbers increased from the 2016 program year- +2 Businesses, +1 Campus, +1 Early Childhood Unit and +3 Schools.
- The program also organized a Great American Smokeout (GASO) event in Adair County. Information and quit kits were provided at 3 locations- Wilma P. Mankiller Clinic, Northeast Oklahoma (NEO) Health Clinic (Westville), and Stilwell Housing Authority. There were 20 quit kits distributed. Of those 20, 8 individuals were interested in smoking cessation classes.
- We also hired 2 new staff members. They started on November 20, 2017.

OFFICE OF PROFESSIONAL RECRUITMENT, RETENTION, AND CREDENTIALING- Nov 2017

New Professionals:

- Rebecca Massey, DO (WWH-UC) PRN-11/19
- Courtney Branch, R.Ph. (Refill Center)-11/19
- Amy Estes, CNM (WWH)- 11/26

Pending candidates (LOC & pending processing/approval)

- MD (WWH-Anesthesiology) (Choctaw)
- APRN (Sallisaw) (Choctaw)
- MD (WWH-Urgent Care) PRN
- DO (WWH-Urgent Care) PRN
- APRN (WWH-Primary Care)
- MD (WWH-Surgery)
- APRN (WWH-Urgent Care)-transfer
- APRN (Jay)
- DO (Ochelata)
- DO (WWH-Emergency Medicine)
- PA-C (WWH-Urgent Care)
- PA-C (WWH-Urgent Care)
- DDS (Vinita)-'18 grad
- DDS (Stilwell)-'18 grad

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

Health Center Vacancies:

- Physicians: 9 (all clinics except Stilwell & Ochelata)
- PA: 1 R/FT Jay

WWH Vacancies:

- Physicians: 2 R/FT in UC & PC, 1 in EM

- Physicians-PRN: 3 in EM (New FY18)
- OB/GYN: 1 R/FT
- Podiatry: 1 R/FT-Surgical
- Pediatrics: Recruiting for 3 future retirements
- Anesthesiology: 2 R/FT
- Advanced Practice: 3 PRN for UC & 1 R/FT PC

Behavioral Health:

- Tahlequah: 1 APRN R/FT

Dental

- Dentist: 1 R/FT WWH & 1 in Stilwell
- Dental Hygienist: 1 R/FT Salina

Vacancy Rates (excludes PRN):

- Clinic Providers: 13.1%
- WWH Providers: 8.4%
- Total Providers: 10.7%
- Total Health Professionals: 8.0% (including PRN)

Our Recruitment Mixer at the Woody Guthrie Center on 11/15 was a huge success! We have great leads we're working on from the quality physicians that attended; a good mix of specialties, including Family Practice, OB/GYN, Internal Medicine, Pediatrics, & Surgical Podiatry. Our recruitment ambassadors included our executive medical director, CEO, and several our medical directors from Hastings and our Health Centers.

Highlighted Positions are Cherokee Nation citizens.

November is American Diabetes Month

Each November communities across the country observe National Diabetes Month to bring attention to diabetes and its impact on millions of Americans. Living with diabetes can be challenging to manage every day. You are the most important member of your diabetes care team, but you don't have to manage your diabetes alone. Seek support from health care professionals, your family, friends, and community to manage your diabetes.

As a public service we are providing some helpful information about Diabetes. Please share this information with your friends, family and Cherokee Citizens,

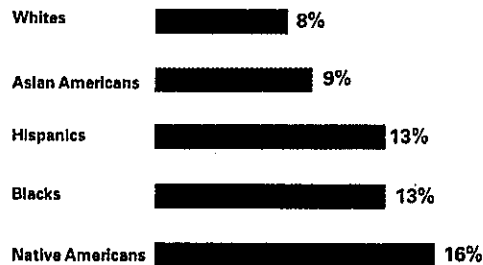
What is Diabetes?

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy. Sometimes your body doesn't make enough—or any—insulin or doesn't use insulin well. Glucose then stays in your blood and doesn't reach your cells. Over time, having too much glucose in your blood can cause health problems. Although diabetes has no cure, you can take steps to manage your diabetes and stay healthy.

The latest data shows, 30.3 million people in the United States, or 9.4 percent of the population, have diabetes. More than 1 in 4 of them didn't know they had the disease. Diabetes affects 1 in 4 people over the age of 65. About 90-95 percent of cases in adults are type 2 diabetes. *Native Americans* are **twice** as likely as whites to have diabetes. In about **2 out of 3** Native Americans with kidney failure, diabetes is the cause.

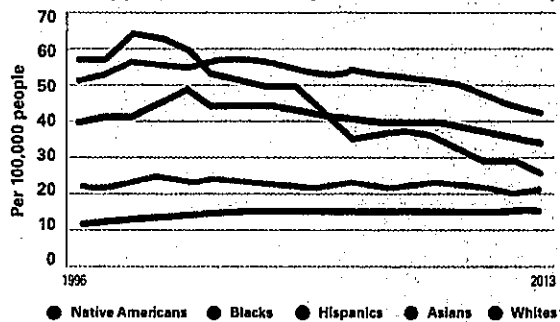
Team-based and population approaches reduce kidney failure from diabetes in Native Americans: can be a model for other groups.

Native American adults have more diabetes than any other race or ethnicity.



SOURCE: National Health Interview Survey and Indian Health Service, 2010-2012.

Kidney failure from diabetes in Native Americans has dropped more than any other race or ethnicity.



SOURCE: United States Renal Data System (USRDS), 1996-2013, adults 18 and older.

What are the different types of diabetes?

The most common types of diabetes are type 1, type 2, and gestational diabetes.

Type 1 diabetes

If you have type 1 diabetes, your body does not make insulin. Your immune system attacks and destroys the cells in your pancreas that make insulin. Type 1 diabetes is usually diagnosed in children and young adults, although it can appear at any age. People with type 1 diabetes need to take insulin every day to stay alive.

Type 2 diabetes

If you have type 2 diabetes, your body does not make or use insulin well. You can develop type 2 diabetes at any age, even during childhood. However, this type of diabetes occurs most often in middle-aged and older people. Type 2 is the most common type of diabetes.

Gestational diabetes

Gestational diabetes develops in some women when they are pregnant. Most of the time, this type of diabetes goes away after the baby is born. However, if you've had gestational diabetes, you have a greater chance of developing type 2 diabetes later in life. Sometimes diabetes diagnosed during pregnancy is actually type 2 diabetes.

Other types of diabetes

Less common types include monogenic diabetes, which is an inherited form of diabetes, and cystic fibrosis-related diabetes.

What are the symptoms of diabetes?

Symptoms of diabetes include

- increased thirst and urination
- increased hunger

- fatigue
- blurred vision
- numbness or tingling in the feet or hands
- sores that do not heal
- unexplained weight loss

Symptoms of type 1 diabetes can start quickly, in a matter of weeks. Symptoms of type 2 diabetes often develop slowly—over the course of several years—and can be so mild that you might not even notice them. Many people with type 2 diabetes have no symptoms. Some people do not find out they have the disease until they have diabetes-related health problems, such as blurred vision or heart trouble.

Who is more likely to develop type 2 diabetes?

You are more likely to develop type 2 diabetes if you are age 45 or older, have a family history of diabetes, or are overweight. Physical inactivity, race, and certain health problems such as high blood pressure also affect your chance of developing type 2 diabetes. You are also more likely to develop type 2 diabetes if you have prediabetes or had gestational diabetes when you were pregnant. Learn more about risk factors for type 2 diabetes.

What health problems can people with diabetes develop?

Over time, high blood glucose leads to problems such as

- heart disease
- stroke
- kidney disease
- eye problems
- dental disease
- nerve damage
- foot problems

Tips for People Newly Diagnosed with Type 2 Diabetes (Most Common form of DM among Native Americans)

You just learned that you have type-2 diabetes, here are few tips for people newly diagnosed type 2 diabetics,

- Know that developing type 2 diabetes does not represent a personal failing
- Start to take care of your diabetes as soon as you're diagnosed (and even better, before, if you know you have prediabetes)
- Recognize that type 2 diabetes is a progressive disease
- Keep in mind that food has a major impact on blood glucose; work to optimize your mealtime choices
- Exercise is a powerful and underutilized tool which can increase insulin sensitivity and improve health – use it as much as possible
- Use blood glucose testing to identify patterns
- Don't forget that needing to take insulin doesn't mean you failed
- Keep learning and find support; Seek out the services of a Diabetes Educator and Dieticians
- Work closely with your health care providers

November 2017 Monthly Report

Youth Activities:

We held 5 youth activities in November, due to 1 community canceling their youth activity due to schedule conflict and 2 schools being out for Thanksgiving Holidays and not having Boys & Girls Club. Total attendance at November youth activities was 107 youth, 9 parents/community members & 6 CYD & ARS staff. Not all staff attended each site, 2 – 4 staff members went to each site.

Cherokee Heights had 2 youth activities in November on Tuesdays, the 7th & 14th; where they made Christmas cards for Veterans, painted feathers and made and decorated leather stockings. There were 10 – 16 youth at each meeting. There were a total of 26 youth & 4 CYD & ARS staff in attendance.

Tailholt/ Caney had one youth activity scheduled on Monday, November 27th, but asked to cancel it due to a conflict with scheduling and not being able to have someone there to unlock the building.

Chewey had 1 youth activity on Tuesday, November 14th, where they made Christmas Cards for Veterans, and painted feathers. There were 9 youth, 2 parents & Adult community members & 4 CYD & ARS staff in attendance.

Maryetta Boys & Girls Club had 1 youth activity on Thursday, November 9th, where they made Christmas Cards for Veterans, and painted feathers. There were 20 youth, 4 B&G club staff and 4 CYD & ARS staff in attendance.

Cave Springs/Zion Boys & Girls did not have a youth activity on Thursday, November 23rd, due to the Thanksgiving Holiday.

Briggs Boys & Girls club had 1 youth activity scheduled on Wednesday, November 8th, where they made Christmas Cards for Veterans & painted feathers. There were 52 youth, 3 B&G Club staff and 3 CYD & ARS staff in attendance.

Rocky Mountain Boys & Girls did not have a youth activity on Monday, November 20th, due to being out of school for the Thanksgiving Holiday and not having Boys & Girls club since there was no school.

Mailed & handed out 82 copies of flyers about December youth activities to residents, community organizations & participants in Cherokee Heights, Chewey, & Tailholt and e-mailed a flyer to Briggs, Maryetta B&G club, Cave Springs/Zion B&G club & Rocky Mountain B&G club to post for their youth activities.

Adult Resident Activities:

We held 6 adult resident activities in November, total attendance at Adult adult resident activities was 43 Adult residents & 6 CYD & ARS staff. Not all staff attended activities at each site, 2-3 staff went to each site.

Tom Buffington Heights in Vinita, had 1 Adult Resident Activity on Thursday, November 16th, where they made gourd wind chimes. There were 7 residents and 3 CYD & ARS staff in attendance.

Will Rogers Senior Housing in Claremore did not have an Adult Resident Activity on Thursday, November 23rd, because of the Thanksgiving Holiday.

Wisdom Keepers in Tahlequah held 1 Adult Resident Activity on Thursday, November 9th, where they made gourd wind chimes. There were 11 adult residents and 4 CYD & ARS staff in attendance.

Jay Senior Housing held 1 Adult Resident Activity on Tuesday, November 14th, where they made gourd wind chimes. There were 6 adult residents and 3 CYDARS staff in attendance.

Stilwell Senior Housing held 1 Adult Resident Activity on Thursday, November 2nd, where they made gourd wind chimes. There were 7 adult residents and 3 CYD & ARS staff in attendance.

Tahlequah Housing held 1 Adult Resident Activity for adult residents of Swimmer, Autumn Heights & Daniels additions at the Gregg Glass Building on Monday, November 13th, where they made bandana wreaths. There were 12 adult residents and 4 CYD & ARS staff in attendance.

Lost City Community held 1 Adult Resident Activity on Tuesday, November 28th, where they made gourd wind chimes. There were 8 Adult residents & 4 CYD & ARS staff in attendance.

Mailed and handed out 212 copies of flyers about December adult resident activities to housing residents and housing offices in Claremore, Wisdom Keepers, Tahlequah (Leon Daniels, Ross Swimmer and Autumn Heights housing additions) and Vinita and Lost City Community Organization and e-mailed flyers to Wisdom Keepers, Stilwell Senior Housing, Claremore Senior Housing, Tahlequah Housing Office, Vinita Tom Buffington Heights HACN office and Jay Senior Housing to post.

Activities scheduled in the future:

We have 6 youth activities scheduled for December 2017.

We will have activities in:

- Cherokee Heights on the 1st & 3rd Tuesdays, December 5th & 19th, 4 pm. – 6 pm.;
- Chewey on the 2nd Tuesday, December 12th, 5 p.m. – 7 p.m.;
- Briggs Boys & Girls Club on the 2nd Wednesday, December 13th, 3:30 pm. – 5:15 pm.;
- Maryetta Boys & Girls Club, on the second Thursday, December 14th, 4 pm. – 5:30 pm.;
- Rocky Mountain Boys & Girls Club, on the third Monday, December 18th, 4 pm. – 5:30 pm.;
- Tailholt will not have a youth activity in December as their date falls on Christmas;
- Cave Springs/Zion Boys & Girls Club, will not have a youth activity in December as their date falls during the Christmas break at school.

We have 6 adult resident activities scheduled for December 2017.

We will have activities at:

- Stilwell Senior Housing, on the 1st Thursday, December 7th, 10 am. – 11:30 am.;
- Swimmer/Autumn Heights/Leon Daniels, Tahlequah at the Gregg Glass building, on the 2nd Monday, December 11th, 1:30 pm. – 3:30 pm.;
- Jay Senior Housing, on the 2nd Tuesday, December 12th, 10 am. – 11:30 am.;
- Wisdom Keepers, Tahlequah, on the 2nd Thursday, December 14th, 1 pm. – 3 pm.;
- Tom Buffington Heights, Vinita, on the 3rd Thursday, December 21st, 1 pm. – 3 pm.;
- Lost City, will not have an adult resident activity in December as their date falls on our Christmas Holiday;
- Will Rogers Senior Housing, Claremore, on the 4th Thursday, December 28th, 2 pm. – 4 pm.

We are continually working on learning and putting together new projects, language lessons and leadership exercises to use at future youth and adult activities and teaching each other skills we have and making sure everyone is teaching the same way so we will not confuse the participants.

We are all working on getting projects ready and taking turns making sure all supplies and paperwork is ready for each activity.