



# Wicomico County Local Health Improvement Coalition Meeting Minutes

## Friday, June 7, 2019 @ 9:30 a.m.

<b>Meeting Name:</b>	<i>Wicomico Local Health Improvement Coalition</i>	<b>Meeting Location:</b>	<i>Greater Salisbury Building Conf. Room</i>
<b>Meeting Date:</b>	<i>Friday, June 7, 2019</i>	<b>Minutes Recorder:</b>	<i>Cathey Insley</i>
<b>Meeting Time:</b>	<i>9:30 a.m.</i>	<b>Minutes Reviewer:</b>	<i>Group</i>

**Meeting Attendees and Organizational Representation:** *Donna Clark (HOPE, Inc.), Mark Danderson (Community), Lisa Renegar (WiCHD), Cara Rozaieski (WiCHD), Dr James Cockey (WiCHD), Cathy Woodward (WiDSS), Melinda Mattox (CHC), Bob Miller (Coastal Hospice), Dhruti Patel (UM Ext.), Susan Cottongim (PRMC), Hyoun JungCho (PRMC), Stephanie Elliott (PRMC), Cathey Insley (WiCHD), Francis DiBari (Agnodice Healthcare), Lore' Chambers (St. James Zion House), Steve Walas (Encompass Health), Marion Keenan (Community), Jennifer Berkman (ESAHEC), Mae Esh (Holly Ctr)*

TOPIC	DISCUSSION	ACTION
<b>WELCOME</b>	Stephanie Elliott called the meeting to order at 9:32 am. Self introductions were made.	
<b>MINUTES</b>	<p>Stephanie requested that the minutes be updated to reflect that PRMC remote patient monitoring begins June 10th. (Noted that BP, weight, pulse ox can be remotely transmitted.) Dr. Snitzer currently sees patients through telemedicine. This is the first remote monitoring.</p> <p>Donna Clark made a motion to approve April 2019 minutes with this correction, seconded by Steve Walas and carried.</p>	<b>Cathey correct and post to webpage.</b>
<b>PRESENTER</b>	<p><b>Susan Cottongim, Coordinator, PRMC Nutrition and Diabetes Team</b></p> <ul style="list-style-type: none"> <li>● June Cho, dietetic intern graduating next week also in attendance.</li> <li>● Team includes a diabetes educator available Monday through Friday for inpatient consultation.</li> <li>● Insulin instruction for newly diagnosed or switch in medicines.</li> <li>● Financial case management and recommendations on changing to more affordable medicines.</li> <li>● Nutrition consultation - two nurses, 2 full time dietitians and a part time dietician. 3 of the 4 are certified diabetes educators, 4th working on certification.</li> <li>● Outpatient self management education offered.</li> <li>● Outpatient medical nutrition therapy offered.</li> <li>● Diabetes nurse champions meet every other month. Speakers include drug, meter sales reps, etc.</li> <li>● Diabetes outcome team - looking at patients with blood glucose above 300.</li> <li>● Work with anesthesiologists and surgeons for patients with insulin pumps. Some patients are</li> </ul>	

allowed to keep their pumps if they are stable enough to manage.

- Dr Cockey asked about patients that are too sick to manage? *Consult with educators and providers, family that are helping the patient.*
- Work with providers to give guidance on adjusting medications for testing, etc.
- Offer 4 week outpatient education class. Patients complete a pre assessment before class and can choose to attend classes based on their knowledge base, or can attend all classes. Follow up at 3 months and 1 year after completion.
- Classes are currently Wednesdays 6-8 pm and Thursdays 1-3 pm.
- Post assessment - work with individuals to set behavioral change goals.
- Medicare allows 10 hours of education the first year and 2 hours for subsequent years.
- Individual classes available based on special needs (hearing impaired, mentally challenged.)
- Pediatric classes begin this month.
- Diabetes in Pregnancy classes for gestational and pre-existing diabetes.
- Continuous glucose monitoring training on 3 models.
- Insulin instruction, injectables instruction.
- Support groups for adults, kids and teens run Sept. through May. (Free, open to all)
- Participate in Health Fairs and Speaking events.
- Medical Nutrition Therapy - meal planning, carb counting, healthy choices, based on need.
- Consult on overweight and obesity. (Insurance typically does not cover.)
- Program is recognized by the ADA. Statistics are reported, but the team is not held accountable for patients reaching their goal.
- Flyers shared for community and employee classes. New brochures being developed.

**Questions from LHIC members:**

- Steve Walas asked how often the team is pulled to the emergency room for readmissions due to diabetes? *Susan shared typically 3-4 times a month, and there is a hospitalist working in the ED to treat people presenting with blood sugar issues.*
- Mark Danderson asked if the hospital is using closed loop systems? *Susan answer they are not using closed loop inpatient. EPIC (PRMC EHR) has a tool to help assess diabetic issues.*
- Donna reminded Susan that HOPE can help with copays if patients need help. ED docs are prescribing pens, and HOPE cannot pay for them.
- Jen Berkman asked if the pediatric population is typically type 1/or type 2? *Susan answered that majority are type 1 but have begun seeing type 2 in kids as young as 8.*
- Dhruvi Patel asked what changes are being seen at post education follow up? *Susan shared that some years 75% reach goals, some years only 25%. Some follow up items are measurable, others are behavioral. If not met, encourage modifying goals and work with them initially to develop realistic goals.*

Contact  
Stephanie for  
copies of  
flyers or  
brochures.

**Subcommittee  
Updates**

**Behavioral Health (Lisa Renegar)**

- Michelle Hardy (former BH clinical director) has transferred to the LBHA director position.

- Last meeting was May 28th. The group prioritized strategies from plan reviewed at prior meeting.
- Lisa has been the subgroup lead; will transition responsibility to LBHA staff.
- Will be meeting monthly until they get better established and moving on action items.
- 19 people present voted on top focus areas.
  - Harm reduction (drug abuse, Naloxone training, needle exchange)
  - Smoking/Vaping cessation efforts
  - Education on treatment resources for opioids
  - Warm Handoff from hospital/incarceration to community (last year worked on community to ED)
  - Data - Having staff analyze data
- Next meeting: June 25 9-10 am at Adkins building. May relocate depending on number attending.

**Live Healthy Wicomico (Cara Rozaieski)**

- Elizabeth Martinez is leaving the Komen program and moving to another program effective June 19. Will be recruiting a replacement. In the meantime, will continue to case manage clients seeking services by using the Language Line and contract interpreters.
- Komen will now also be serving Haitian Creole population using Language Line and interpreters.
- Not currently outreaching due to lack of staff.
- Stephanie expressed a need for a provider to offer CBE's on the Wagner van.
- SCALE for Families grant funded by MHCRC started in May.
- May change name when implemented.
- Hiring in process - hoping position will be posted soon. Coordinator requires a Bachelor's degree but no experience requirement.
- Fewer restrictions than the CDC based program. Focuses on weight loss, exercise, healthy food.
- Hope to make it fun with cooking and physical activity demos.
- Will likely begin classes at the YMCA.
- Inmate garden is another component of SCALE. Working on an MOU. Will need help receiving and distributing produce once harvested.
- Dhruti shared that Ginny Rosenkrantz at UM Cooperative Extension is a master gardener and may be willing to partner. Dhruti will share contact info.
- Walk Wicomico Glow in the Dark walk in Fruitland on June 28th. Rain or shine. Flyers shared. Open to everyone. Will provide some glow sticks, and have music and a play area for children. Rain or shine - not if lightning. Volunteers are still needed.
- WalkWicomico working to have each partner plan a walk so there is a free walk held every month. Host locations needed. Can be as simple or as creative as you'd like, LHW would help promote.
- Tri County teen tobacco leadership summit was held in April. Fun and educational. Teens made a plan of what they would take back and share with their peers.
- Tobacco Coordinator Rhonda Bryand was on a state panel talking about the summit.
- Electronic Smoking Devices (ESDs) is the new terminology. No longer referred to as ENDS.
- 1,000 students and teachers have been educated on poison prevention/tobacco education.
- Tobacco 21 passed - starts in October.

**Dhruti to share contact info.**

**Contact Cara if you can host a walk or be a volunteer.**



offices.

- Dr Padley is doing some pro bono care, in addition to two other dentists.
- HOPE is getting a Hope Corp volunteer through AmeriCorp in August. Her focus will be opioid problem. Will start offering Narcan classes.
- Donna and Brenda Jordan have stepped down as Community Emergency Shelter coordinators.
- Walter Davidson and Asbury representative have taken over as coordinator.
- Wagner van not on site today due to AC issues. If anyone needs to be seen today, contact Stephanie.

**Mark Danderson, Community Member:**

- JAMA study on sunscreen. Phase 1 toxicology study looked at 4 most common ingredients in sunscreens. Small study of 24 healthy volunteers. Broke up randomly in 4 groups. 2 groups received a spray, 1 used lotion 1 used cream. 75% or more of their body 4x day for 4 days. Found in all 4 groups, the levels of avobenzone exceeded the FDA limits. Study may indicate toxicology studies are needed.

**Mae Esh, Holly Center:**

- Mae Esh is now officially CEO of Holly Center.
- Next week a panel is presenting to nurses, social workers, security to help educate on lack of understanding of Holly Center services and address communication issues.
- Resident census is decreasing due to more living supports in the community.
- Respite population is growing. Needs are changing. People are allowed up to 45 days of respite care. After that point they become admissions. Have had 4 recently.

**Jennifer Berkman, ESAHEC:**

- June 1, started a 1 year HRSA planning grant period to duplicate COAT in Somerset using Wicomico model.
- McCready, PRMC, SoCHD, Police Departments are serving as a consortium to get program implemented. AHEC will manage funding.
- Hope to get a 3 year implementation grant following to start the program.
- Partnered with Choptank CH System for a \$200K grant to recruit pediatric dentist to the eastern shore. Working for a consortium to allow for pediatric fellowship on the shore.
- Working with AETNA foundation - received a grant for "Tooth Fairy" in elementary schools. Will now be doing HPV education in Wicomico in middle schools. (Oral cancer prevention.)
- HPV prevention is now seen as cancer prevention, not STD prevention.
- Partnered with Alzheimer's Association on primary care prevention project on importance of early diagnosis to begin treatment/medications earlier. Includes family support component.

**Stephanie Elliott, Peninsula Regional Medical Center:**

- PRMC remote patient monitoring starts Monday.
- Discharge meals program ongoing.

	<ul style="list-style-type: none"> <li>● Care coordinators in physician practices.</li> <li>● Van currently off the road for AC repairs.</li> <li>● Dr. Wiseman is coordinator when van goes to HOPE on Fridays.</li> <li>● Increasing presence in Somerset; working with SoCHD to have van on site one day a week.</li> <li>● Wednesday Smith Island Health Fair.</li> <li>● Westside health fair in the fall.</li> <li>● Nanticoke McCready partnership in process. More to come after the end of the fiscal year.</li> </ul> <p><b>Dhruti Patel, University of Maryland Cooperative Extension:</b></p> <ul style="list-style-type: none"> <li>● Received IRB approval from the University to proceed with focus groups for farm stress/suicide prevention, and to assess how people want to learn.</li> <li>● First focus groups to be held in August, both on the eastern shore and in central maryland. Western Maryland is pending.</li> </ul>	
<b>NEXT MEETING</b>	<b>Friday, August 2, 2019 @ 9:30 a.m.</b> <b>Greater Salisbury Building Conference Room</b>	
<b>ADJOURNMENT</b>	The meeting was adjourned at 10:56 am.	