

NEW UPDATE

Community Health Hub Update

February 2020



Every Woman Matters



NEBRASKA OFFICE OF WOMEN'S HEALTH

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On the [Community Health Hub Web Page](#) you'll find tabs that give you important information. The page is divided this way so that you can easily find what you're needing.

NEW: Cholesterol and Blood Pressure Guidelines

The program has been working hard the past few months on finalizing both the cholesterol and hypertension recommendations that will serve as guidance as you carry out your important work. Both have been reviewed by program staff and program nurses and have been approved for use.

You can find them by going to the [Community Health Hub website](#). Once there click on the tab that says Cholesterol and Hypertension Recommendations. They are also located on the Provider Information & Forms page under the Provider Contract Manual, Fee Schedules and Income Guidelines tab.

NEW: CHH Cholesterol Tracking Form

The program has developed a [Cholesterol Tracking Form](#) to be used for Med-It clients. You'll find it located on the CHH webpage under both the Special Projects Templates and the Follow-Up Assessment tabs.

Remember to input a pre-cholesterol for qualifying female participants at the time pre-biometrics are obtained. A post cholesterol would only be required for those women at 240 mg/dl or above. You enter a post cholesterol (when required) in the 3rd and final HC session. If the post cholesterol is obtained after the fact, you would still go back into their 3rd and final session to add a post. We are still discussing if the print out from the cholestech should be included for population based women. More to come on this.

The CHH Cholesterol Tracking form is for submission of cholesterol for EWM/WISEWOMAN Med-It clients on your health coaching list. We definitely need the cholestech print out for EWM/WW clients based on CDC requirements.

This would be for clients whose cholesterol was not obtained at the time of the provider visit and/or had a cholesterol of 240 mg/dl or above at the time of their provider visit. You are also able to input the results in the follow-up assessment the Health Coach completes with the client at the time of the final HC session and download the form.

NEW: Colon Cancer Campaign

Nebraska Cancer Coalition and some of its partners have come up with a new campaign for Colon Cancer Awareness messaging. You can find poster downloads and other materials on their site. There is a Print Shop button where you can order the materials (for a cost) and order blue shirts (for a cost) for the annual March 6 - Dress In Blue Day.

We have reviewed some of the materials and just want you to be aware that they are available for you to use for your area in order to promote Colon Cancer Awareness. Just know that they aren't culturally appropriate as there is just one poster that features an African American, they do not have Spanish materials available and there is not much education included around the importance or the "why" of getting screened. You can find the materials on their website at: www.fightbackne.org.

UPDATE: Translation of Encounter Registry Follow-Up Assessment

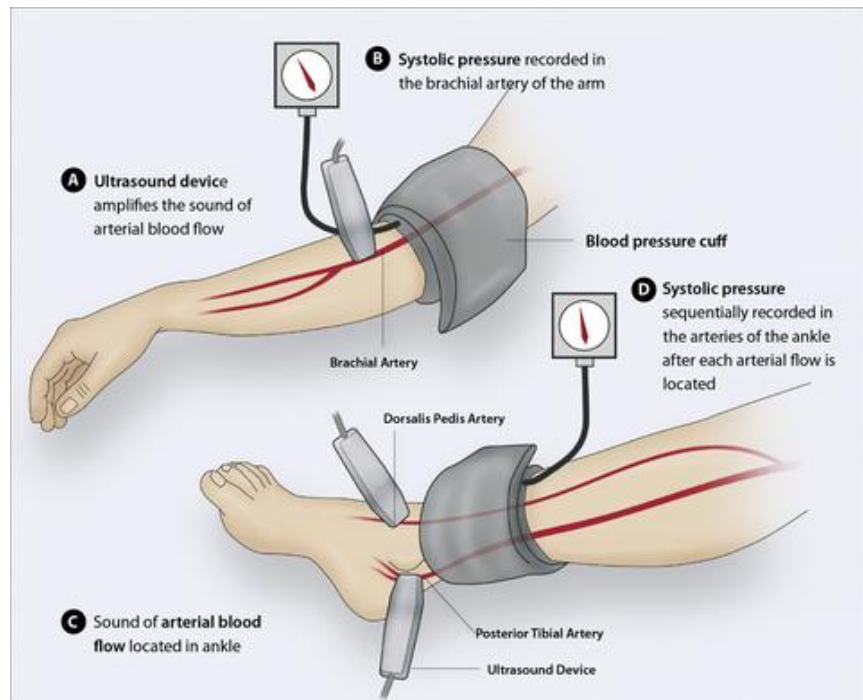
Due to requests, the [Initial Encounter Registry Follow Up Assessment](#) and the [Encounter Registry Health Coaching Assessment](#) have been translated into Spanish and are both available on the Community Health Hub website. You can locate them by clicking on the "Encounter Registry Data Entry" tab.

DID YOU KNOW?: Alternate Ways to Take Blood Pressure for Clients Who Have Had a Bilateral Mastectomy

QUESTION: I have a client that has had a bilateral mastectomy. Do I need to or should I take her blood pressure (BP) a different way?

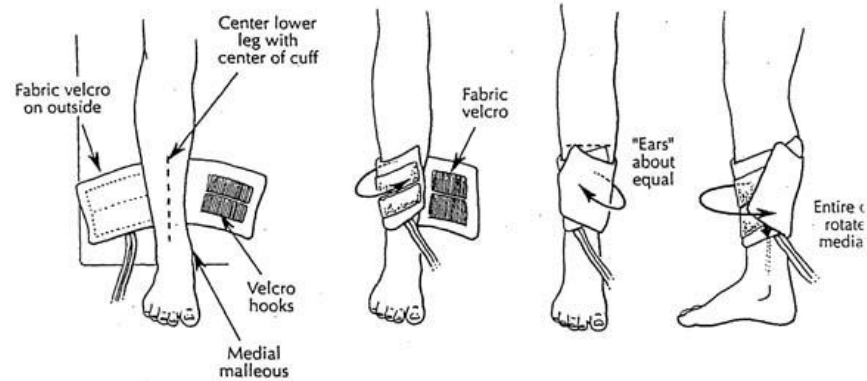
ANSWER: YES. If the client has had a bilateral mastectomy there may be additional swelling in the lymph nodes in her arm and there may be problems placing the BP monitor in the appropriate position to get a good reading. Therefore, if you have a client that fits this situation it **IS** appropriate to take her BP on her leg around her **ankle**.

It is important to explain and educate the client one to one on proper placement. It is imperative the BP cuff is aligned with the **posterior tibial artery**.



The pictures we have included help you visually see alignment of the cuff around the ankle.

Right Leg



Communicate with the client and encourage her to take the monitor to her next provider visit or to your CHH in order to compare the readings. If the client's BP runs high, she should be in regular contact with her provider or working with the CHH to channel her BP readings to her provider. Please feel free reach out to your TA with any additional questions.

UPDATE: Colon Cancer Documents Updated

The colon cancer documents and forms have been updated. You can locate them by clicking on the "Colon Cancer Distribution/Screening" tab on the [CHH website](#).

The documents have been updated to reflect the 2020-21 year. There were no content additions or changes, only the year.

NEW: Website Shortcuts

Just a reminder that the Community Health Hub website can easily be bookmarked on your computers but if you need a quick shortcut and don't remember the website:

Site Address: <https://dhhs.ne.gov/Pages/EWM-Health-Hub.aspx>

Shortcut: www.dhhs.ne.gov/CHH (NEW!!!)

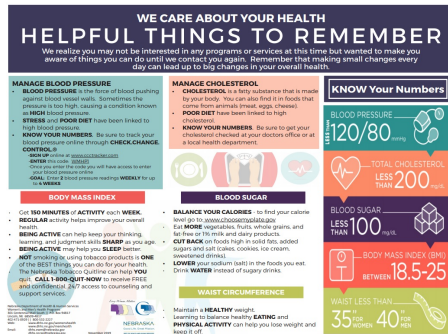
You can also just type in <https://www.dhhs.ne.gov/ewmforms> or <https://www.dhhs.ne.gov/ewm>. This will bring up either the EWM main page or the Provider Information and Forms page - click on the right column where it says Community Health Hubs. There are multiple ways to get there. This is a site that you should be frequently visiting. Any updates to forms will be posted to this site.

If you have suggestions for the site please let us know. The program is happy to entertain your ideas to make things easier for you to find. Our hope is that your Community Health Hub page is a one-stop shop for all your needs.

NOW AVAILABLE: Health Coaching Infographic for Withdrawn Client with One Contact

Sometimes when health coaching a client they either are not interested, just completed an HBSS awhile ago or they need to be withdrawn as they are not responding to your contact efforts.

The program has developed a one-page infographic giving basic health information around blood pressure resources, cholesterol, body mass index, blood sugar and waist circumference. The message around the piece developed is to "Know Your Numbers". The idea and expectation behind this document is that Health Coaches can print this off or email it to those clients that have at least one contact and then fit the criteria above.



The document is called Health Coaching Infographic for Withdrawn Client w/1 Contact. It is available in both [English](#) and [Spanish](#) and can be found on the [Community Health Hub](#) website under the Healthy Behavior Support Services Tab and then under the Health Coaching Education Only tab.

HELPFUL TO KNOW: How to Read Health Coaching List

You may have noticed some changes with the WISEWOMAN Health Coaching List. Previously, it was time consuming internally to cut out those all health coached that were completed or withdrew. With the new changes all CHHs should get the list much faster and will be able to view the list with more details about the clients. These changes should help eliminate the barrier of coaching calls not happening.

The list now allows you to see everything on one sheet. Important Columns in coaching list:

- A - Med-It user ID number for client
- E & F- City and County respectively (You will not get reimbursed for out of state clients) it is your responsibility to make sure you only coach Nebraska residents!
- K- Cycle Number (you must go to that cycle number to enter data when taking notes for Health Coaching).
- X - Total Cholesterol (if there is none, get the Cholesterol)
- AJ - This is the disposition. You will see if a client is still in progress, completed, or withdrawn. If you think someone is completed and they don't show up completed, there is probably a data entry error.
- All columns to the right of AJ (AK and beyond) will be your actual documented health coaches.

Below you will see column AL shows 1st health coaching (hcid1) if you have a 2nd health coaching documented it will be hcid2 (listed in AN) (see below).

AJ	AK	AL	AM	AN	AO
Isphc_disposition	date1	hcid1	date2	hcid2	date3
No - Lifestyle Program/Health Coaching is still in progress	9/5/2019	Health Coaching			
No-Withdrawal by client (Not interested, previously had HC/LSP, time constraint, family issues)	6/26/2019	Health Coaching			
No - Lifestyle Program/Health Coaching is still in progress	6/26/2019	Health Coaching	10/31/2019	Health Coaching	
No-Withdrawal by health coach (3 Attempts have been made)	10/31/2019	Health Coaching			
No-Withdrawal by health coach (3 Attempts have been made)	10/31/2019	Health Coaching			
No-Withdrawal by health coach (3 Attempts have been made)	10/31/2019	Health Coaching			
No - Lifestyle Program/Health Coaching is still in progress	9/6/2019	Health Coaching			
No - Lifestyle Program/Health Coaching is still in progress	6/26/2019	Health Coaching	9/11/2019	Health Coaching	
No - Lifestyle Program/Health Coaching is still in progress	9/11/2019	Health Coaching	10/31/2019	Health Coaching	
No - Lifestyle Program/Health Coaching is still in progress	8/29/2019	Health Coaching			
No - Lifestyle Program/Health Coaching is still in progress	8/29/2019	Health Coaching			
Yes - Lifestyle Program/Health Coaching is Complete	10/25/2019	Health Coaching			
No-Withdrawal by client (Not interested, previously had HC/LSP, time constraint, family issues)	8/29/2019	Health Coaching			
No - Lifestyle Program/Health Coaching is still in progress	8/29/2019	Health Coaching	10/25/2019	Health Coaching	
No - Lifestyle Program/Health Coaching is still in progress	9/5/2019	Health Coaching			
	10/25/2019	Health Coaching			

Nebraska Women's & Men's Health Programs are excited to be offering our DHHS Health Navigation Nebraska Community Health Worker Course set to begin March 18, 2020. Interested candidates can complete the application packet by accessing the application online at www.hhs.ne.gov/healthnavigation or by calling 1-800-532-2227.

This is a **FREE** online course designed for individuals working in communities who can connect people to health services. Participants will attain confidence and credibility in the communities they serve along with general knowledge of health topics, communication and organizational skills.

Course Time Frame:

- * March 18, 2020: Online Orientation
 - * March 19 - April 28, 2020: 5 weeks Online Training Modules
 - * April 29 - April 30, 2020: In-Person Training*
 - * May 1 - June 16, 2020: 4 weeks Online Training Modules
 - * June 17 - June 18, 2020: In-Person Training*
- *In-person sessions will be held at Holthus Convention Center and York General Hospital in York, NE

The course will conclude as you gain practical experience through a Community Health Worker Capstone Project. Please be sure to pass along this information to anyone you feel would be interested.

Registration Deadline: February 21, 2020

WORKSITES: Do you work with worksites?

Do you have an established relationship with worksites in your area so that you can offer health screenings to employees? Are you thinking of starting any worksite wellness projects? Maybe you're already working with an established worksite wellness committee? If so, please let Tracey Bonneau know. EWM has grant objectives built around establishing and enhancing worksite wellness. If you need help or want to talk further about how we can assist please let Tracey know. The following worksite wellness [Promising Practice Ideas: Workplace Wellness Programs to Increase Breast Cancer Screening and Healthy Lifestyles](#) was developed a few years ago and is a helpful resource if you're just getting started. There are many other Promising Practice Idea sheets under the Promising Practices tab on the CHH website. CDC also has quite a few resources as well as a [Worksite Health ScoreCard](#) under their page [Workplace Health Promotion](#).

Again, if you are currently working with a worksite or want to start working with worksites please let Tracey Bonneau know so that she can assist you or help provide you with resources. You can also contact Tracey Bonneau at Tracey.Bonneau@nebraska.gov or 402-471-2922.

CHH UPDATE: Do you have something to contribute?

Do you have something that you would like to contribute to the quarterly

Community Health Hub Updates?

We continually strive to have the CHH Update in your email boxes on quarterly basis. If you have a submission or an idea please send them to your TA or you can also contact Tracey Bonneau at Tracey.Bonneau@nebraska.gov.