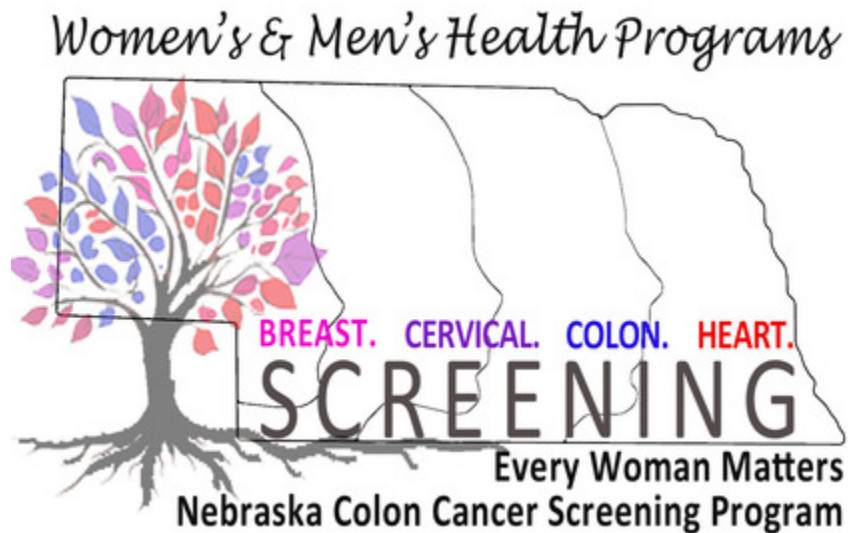


Women's & Men's Health Quick Reads Newsletter
ISSUE 2 - FEBRUARY 4, 2025
Provider Updates, Highlights & Prevention Insights



WMHP Mission: Ensure Nebraska women and men have access to cancer screening and prevention resources.

WMHP Vision: Nebraska Women and Men Living Healthy and Cancer Free Lives

WMHP QUICK READS

Provider Updates, Highlights, & Prevention Insights

Issue 2: February 2025

Women's & Men's Health Programs

Every Woman Matters (EWM) is a federally funded program that pays for office visits associated with Pap tests, pelvic exams, clinical breast exams and lab fees for women aged 21-64. Age-appropriate mammography is covered as well as a limited number of diagnostic tests. EWM provides screening and diagnostic tests, public education, and quality assurance activities.

The program also provides preventive services related to cardiovascular disease and diabetes for eligible women. Women aged 35-64 receive screening services for cardiovascular risk factors and diabetes. The program also provides lifestyle interventions that are tailored to each women's heart disease and stroke risk factors, screening results and her readiness to make lifestyle behavior changes.

Nebraska women and men who are 45-74, who meet eligibility guidelines, can enroll in the Nebraska Colon Cancer Screening Program (NCP) to receive an at-home testing kit and/or colonoscopy. All screenings are based upon family and personal history. [Want a quick one pager about the program?](#)

Cervical Cancer Prevention Month

Throughout the month of January we raised awareness throughout the state by posting on social media about the importance of screening. On January 7, Governor Pillen signed a Cervical Cancer Awareness Month Proclamation. Urge your patients to have their preventive screenings.

News Release: 1/13/24

**[Cervical Cancer Prevention:
Early Detection Saves Lives](#)**



Program Fact Sheets

Women's and Men's Health Programs (WMHP) has a variety of FACT SHEETS available. Be sure to check them out!

- [Cervical Cancer Fact Sheet](#) (1992-2023)
 - [Breast Cancer Fact Sheet](#) (1992-2023)
 - [Breast & Cervical Key Highlights](#) (1992-2023)
 - [WISEWOMAN Fact Sheet](#) (2019-2023)
-

March: Colon Cancer Awareness Month



This March the Nebraska Colon Cancer Screening Program and partners around the state will be distributing FIT Kits to men and women who are 45 years of age and older. Our message this year is that 45 is when you need begin regular screenings!

Providers can do their part by enrolling your patients who are 45 and over into the Nebraska Colon Cancer Screening Program so they can get their FREE Fit Kit!

Need to Schedule a Training?

Training for clinics are offered via zoom or in person, depending upon location. If you are interested in finding out more about program training for your clinic (to review processes, procedures, and policies), please [contact us!](#)

Additionally, there are self-guided trainings on our site and ready to go! On the [Provider Information & Forms](#) page under the Program Specific Webinars, Training and Resources tab there are 7 different self-guided trainings:

- [Screening Enrollment Lesson](#) - everything you need to know about qualifying factors and enrollment in EWM/NCP
- [Screening Card Lesson](#) - what to do with screening cards patients bring to their appointments

- [Breast Diagnostic Enrollment Lesson](#) - everything you need to know about breast diagnostic enrollment
 - [Cervical Diagnostic Enrollment Lesson](#) - everything you need to know about cervical diagnostic enrollment
 - [Colon Cancer Program Lesson](#) - everything you need to know about the Nebraska Colon Cancer Screening Program
 - [Other Important Forms](#) - how to use other forms and resources from EWM/NCP
 - [Referring EWM Clients to Nebraska Quitline](#) - how to refer patients to Nebraska Tobacco Quitline
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RESOURCE: Improving Patient Engagement

The Health Resources and Services Administration (HRSA) and the Federal Cervical Cancer Collaborative (FCCC) released a new resource, [Improving Patient Engagement in Cervical Cancer Prevention: Communication Toolkit for Health Centers and Safety-net Settings of Care](#). The Patient Engagement Toolkit supports to increase patient and community engagement in cervical cancer prevention, screening, and management. Materials include social media posts, posters, a cervical screening follow-up card and more. Toolkit/Materials are available in English and Spanish.

Want to offer PRESUMPTIVE ENROLLMENT to your clients?

Are your clients there for another reason but they are in need of preventive care?
Enroll them and screen them the SAME day! Providers MUST receive training before

offering this service. Find out more: [PRESUMPTIVE ENROLLMENT](#)

Frequently Asked Questions/Answers

Q: If a client needs a Pap test and STD/STI testing, what paperwork needs to be submitted?

A: If a client needs a Pap **and** STD/STI testing at the same visit then a Healthy Lifestyle Questionnaire (HLQ) needs to be completed. Do not complete both the HLQ and an STD/STI Assistance Form.

The STI/STD Assistance Form is to be filled out **ONLY** if a client is 18+ and **ONLY** needs the office visit paid for when doing an STD/STI test.

EWM does **NOT** pay for STD/STI testing, only the office visit.

Q: When can a client receive cardiovascular screening in the EWM program?

A: Cardiovascular disease screening (blood tests) are reimbursable for women ages 35-64.


TOBACCO TREATMENT SPECIALIST TRAINING

Presented by the Nebraska Department of Health and Human Services Tobacco Free Nebraska program and the Mayo Clinic's Nicotine Dependence Center

Overview

Tobacco Treatment Specialist (TTS) training is a specialized training for healthcare professionals about providing treatment for individuals seeking to quit tobacco. The program is worth 29 AMA, ANCC, ACPE, or CE credits and covers topics such as pharmacotherapy, motivational interviewing, evidence-based practice, sustaining tobacco treatment protocols and working with special populations. This course is delivered through a blended learning format in which instruction is completed first online through the Brightspace platform as a self-paced training, followed by a live, interactive 3-day training in Lincoln, NE on March 4-6, 2025. No cost is associated with registering for this training.

Training Objectives

 In this training, you will learn how to:



Understand the science behind tobacco addiction, nicotine withdrawal symptoms and new forms of tobacco use.




Learn to use comprehensive, evidence-based assessments and develop effective treatment plans.



Utilize cognitive-behavioral strategies for helping individuals quit and stay quit.

When and Where

 This training takes place both online and in person.

Online Modules

To be completed in Brightspace prior to in person session. The 11 available modules must be completed by February 28, 2025. This portion of the training will take an estimated 11 hours to complete.

In Person Session

The in person session will take place on March 4-6, 2025, in Lincoln, NE at the Nebraska State Office Building (301 Centennial Mall South, Lincoln, NE 68509).

Who should take this training?





Healthcare professionals who have a strong interest in the field of tobacco or health or provide clinical care to people who use tobacco.

Including, but not limited to: physicians, nurse practitioners, physician assistants, nurses, pharmacists, pharmacy technicians, dentists, dental hygienists, dietitians, psychiatrists, psychologists, respiratory therapists, mental health professionals, addiction professionals, counselors, and social workers.

CREATE AN ACCOUNT AND REGISTER HERE:

<http://ndceducation.mayo.edu/register/listing/56646>

 dhhs.tfn@nebraska.gov

 dhhs.ne.gov/tfn



NEBRASKA
Good Life. Great Mission.
DEPT. OF HEALTH AND HUMAN SERVICES

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The online portion of training opens January 28 and closes February 28, so it's encouraged to register now to have ample time to complete the online portion of the training that is due before participation in the in-person class on March 4-6.

The training is for healthcare professionals who have a strong interest in the field of tobacco or health or provide clinical care to people who use tobacco. This includes, but is not limited to behavioral health providers, social workers, addiction professionals, therapists, counselors, physicians, nurse practitioners, physician assistants, nurses, pharmacists, pharmacy technicians, dentists, dental hygienists, dietitians, psychiatrists, psychologists, respiratory therapists, and mental health professionals.) Participants must be tobacco-free for at least six months prior to starting the training. The minimum required degree is an associate's degree in any field. LPN's, Respiratory Therapists, and Pharmacy technicians without an associate's degree are also eligible. Additional exceptions may be considered (please contact ndep@mayo.edu). To complete full certification, 240 practice hours must be completed within two years of the training. [Click here for more information on requirements.](#)

Here is the link to register: <http://ndceducation.mayo.edu/register/listing/56646>. Click "create an account" to begin the registration process.

February is American Heart Month

February is designated as American Heart Month. Heart disease receives the spotlight as the No. 1 killer of Americans. American Heart Month activities raise



awareness about the disease; 1 in 3 women are diagnosed with heart disease every year. According to [American Heart Association's Heart Disease and Stroke Statistics – 2021 Update](#), nearly 18.6 million people across the globe died of cardiovascular disease in 2019. That is a 17.1% increase over the past decade. 523.2 million cases of cardiovascular disease were reported in 2019, which is a 26.6% increase over statistics from 2010.

Over the past 5 years, 4,442 cardiovascular screening services have been provided to 3,013 women through Every Woman Matters (EWM). Among these women, four out of five were obese, half had hypertension or high cholesterol, and one of every five women was either diabetic or a current smoker. Half of these women had 2-4 risk factors. All of these women were referred to services supporting lifestyle changes. 1,539 women chose to participate. After the women completed the lifestyle services programming, almost half of the women lost at least 2 pounds, one of every four lost more than five pounds and one of every ten women lost more than 10 pounds.

To learn more about heart disease screening services in Nebraska, check out this [fact sheet](#).



NEBRASKA

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