



# Alliance

*Connecting Students to Careers, Professionals to Communities, and Communities to Better Health*

## WINTER 2011 IN THIS ISSUE

Page Two—A Beacon of Health...A Beacon of Hope: Dungeness Valley Health & Wellness Clinic

Page Three—Volunteers Needed for April 20 C.A.R.E. Clinic in Tacoma Dome

Page Three—Earn CE Credits While Networking With Your Peers at the 2011 WFCA Annual Conference

Page Three—Provider's Needed SOS Health Services Walla Walla/ College Place

Page Five—Laurie Wylie Becomes HRSA Region X Administrator

Page Seven—UW Medical-Surgery Practice Course Proves Itself to Rural Nurses

Page Eight—Retrofitting for Reform

## RURAL OUTREACH NURSING EDUCATION STUDENTS RECEIVE ASSOCIATE DEGREE IN NURSING

In December, thirteen students from remote communities throughout rural Washington participated in nursing pinning ceremonies. This was the first cohort of students from the Rural Outreach Nursing Education (RONE) Program (see related story from the Longview Herald).

One ceremony was held in Longview Washington at Lower Columbia College (LCC). The nurses received their Associate Degree in Nursing from LCC. This was the first time that these students had actually stepped foot on campus. Over 100 people attended from the communities of Morton, Port Townsend, and Goldendale, to celebrate with the nine students. Western Washington Area Health Education Center staff and board were recognized from the podium for outstanding commitment and professional contribution. The other RONE steering committee member's names were also read from the podium. The next day the four students from Republic were pinned. Given that it was December, and family members wanted to attend, it made sense to hold the program in Republic; just another example of how this program was designed to meet the needs of the students. The students are now taking their nursing boards (and passing) and some are already employed as nurses in their

home community. Congratulations to the inaugural RONE class of 2010

If you are interested in participating in the program for please contact the Area Health Education Centers in Washington

Bettie Rundlett in eastern Washington [Rundlett@wsu.edu](mailto:Rundlett@wsu.edu)  
Jodi Palmer in western Washington [Jodi@wwahec.org](mailto:Jodi@wwahec.org)  
Helen Kuebel at LCC [hkuebelowercolumbia.edu](mailto:hkuebelowercolumbia.edu)

## LCC'S REMOTE NURSING PROGRAM GRADUATES FIRST CLASS

[By Greg Garrison / The Daily News](#)  
The Daily News Online | Saturday, December 11, 2010

The remote landscape of northeast Washington's Ferry County offers just about everything Wendy Hunter could want.

She lives with her husband and daughter in a log home on the banks of the Kettle River. Her pet Canadian lynx named "Moogie" playfully roams the 2.5-acre yard. When there's time and it's not bone-chillingly cold, she can be found tending to the garden.

But when the 45-year-old medical transcriptionist wanted to become a registered nurse, she faced a treacherous 250-mile roundtrip to take mandatory college classes in Spokane.

*(RONE continued on Page Four)*

# A BEACON OF HEALTH...A BEACON OF HOPE DUNGENESS VALLEY HEALTH & WELLNESS CLINIC

*In honor of the outstanding service of the Volunteer/Retired Providers Program sites and volunteers,  
we provide a quarterly focus on a provider or clinic.*



Health and hope have been the twofold vision of The Dungeness Valley Health and Wellness Clinic since it first opened its doors in October, 2001. DVHWC is in its tenth year of providing health services to the under-insured and uninsured in the Sequim community. The Clinic began as a vision of a Mary Griffith, a Parish Nurse at the Dungeness Valley Lutheran Church, in response to limited access to quality health care for many retired folks who fell in the gap of uninsured and not yet Medicare eligible. The demand for services blossomed immediately. The first full year of operation provided care for approximately 420 patient visits. Every year we have experienced a steady growth in demand of health care services in this rural community. Last year, 2010, over 2,007 clinic visits were provided, which reflected a 20% increase over 2009. The clinic has remained a valuable resource for individuals who fall through the cracks of the health care system. At the end of this last year, over 10,253 patient visits have been completed since the clinic's beginnings.

Over the years, DVHWC has grown to an established free clinic supported by the donated skills and expertise of over 70 clinical volunteers, including medical providers, professional staff, support staff and the financial generosity of our citizens. About 50% of the volunteers are retired, many from careers in the medical field. Quite a few are still actively employed, students or one-time patients who are grateful for the care they receive and wish to give back. Coming from many walks of life, the patients are typically between the ages of 20-59 and without insurance or resources to pay for medical care. Many of our clients lack health coverage because they are in school or training programs, self-employed, part time employed, seasonal workers or currently jobless.

The mission of the clinic is to offer quality, basic health care to the underserved members of the community and provide opportunities to support self responsibility for improving and maintaining their own health and wellness. A very involved Board of Directors works to maintain the mission and goals of the clinic and oversee planning and

budgetary concerns. Three paid, part time positions are in place to manage ongoing clinic operations, including a Clinic Director, Nurse Practitioner and an Administrative Assistant/Bookkeeper. A contracted Development and Fundraising person is responsible for grant writing and numerous fundraising and marketing activities.

Numerous specialty providers, associated with the Olympic Medical Center, have generously provided consultation when referrals are needed for the expertise of their specialties. Exams for optometry are also made available through three community providers. Another service that has been established is a prescription assistance program, managed by a RN volunteer who helps patients obtain needed medications directly from the drug manufacturer at no cost. Arrangements have also been made to support area clients in need of emergency dental care.

DVHWC could not be successful without the tremendous support of and partnering with the Olympic Medical Center. Low-cost facility use and a generous in-kind contribution (\$94,000 last year) for basic diagnostic lab tests and imaging services for clinic patients, has allowed us to provide required treatment and care.

2008 brought two important changes to the clinic. The facility moved from the small house at the Dungeness Valley Lutheran Church to the medical building on North Fifth Ave. The more spacious and professional setting tripled the number of useable exam rooms, improved the flow of patient care and added much needed office and storage space. A conference room is available for meetings and used as a classroom for small groups.

With the larger facility came a corresponding growth in those using the walk-in basic urgent care evening clinic. Many of the clients frequently returned for repeated management of a chronic condition, such as diabetes, hypertension, high cholesterol, thyroid conditions and chronic respiratory problems. Episodic, crisis care management of these conditions through a variety of providers was not in the client's best interest. Clearly a void existed in our community for consistent primary care for those without means or insurance. In May of 2008, this need was addressed through the establishment of a weekly Chronic Healthcare Clinic (CHC), by appointment

*(Dungeness Valley continued on Page Six)*

## VOLUNTEERS NEEDED FOR APRIL 20 C.A.R.E. CLINIC IN TACOMA DOME

The National Association of Free Clinics (NAFC), in partnership with the Washington Free Clinic Association, (WFCA) will be holding a one-day free clinic on Saturday, April 30, 2011 in the Tacoma Dome. Per its namesake, Communities Are Responding Every day, the upcoming C.A.R.E. Clinic is an opportunity for the community to come together to provide free primary and preventative health care services to an estimated 1,200 uninsured residents of the South Puget Sound. At a recent NAFC-sponsored C.A.R.E. Clinic in Charlotte, NC, 1,163 uninsured patients were able to receive services in just 6 hours of patient care. More important, the patients who required follow-up for serious conditions were connected with local resources for ongoing care. The South Puget Sound C.A.R.E. Clinic will offer medical, dental, and vision services, as well as community referrals for those with critical follow-up needs.

This clinic will be staffed entirely with volunteers, and the Medical Reserve Corps members have been mobilized to help staff this event. If you are a member of the Medical Reserve Corps, please sign up to participate in this event by contacting your unit commander. If you are not a current Medical Reserve Corps member, please visit [www.wafreeclinics.org](http://www.wafreeclinics.org) to learn more about volunteering at this event. Healthcare professionals willing to volunteer their services at this one-day free clinic are being recruited, including physicians, dentists, physician's assistants, nurse practitioners, RNs, emergency medical technicians, mental health providers, pharmacists, lab technicians and dental hygienists. A significant number of non-clinical volunteers will also be needed for intake, registration, escort and other tasks.

Patients will be invited to schedule an appointment by calling a national 800 number available through the clinic's sponsor, The National Association of Free Clinics. Patient care will be provided between the hours of 10:00 a.m. and 6:00 p.m. In addition to pre-scheduled appointments, some walk-in appointments will be available on a first-come first-served basis.

For general information about this event, go to: [www.wafreeclinics.org](http://www.wafreeclinics.org)

For information about the National Association of Free Clinics and past C.A.R.E. Clinics, go to: [www.freeclinics.us](http://www.freeclinics.us)

## EARN CE CREDITS WHILE NETWORKING WITH YOUR PEERS AT THE 2011 WFCA ANNUAL CONFERENCE

Please join us for the 6<sup>th</sup> Annual Washington Free Clinic Association Conference this September 30-October 1<sup>st</sup> in Vancouver, WA. This year's theme is "Collaboration & Volunteerism: Communities Investing in Healthcare Access" and we hope that you- Washington's invaluable health care volunteers- will join us to contribute to important dialogues about the role of volunteerism in health care access. This year's conference will include informative sessions on topics of health care reform and Safety Net access updates, emerging partnerships between Free Clinics and local hospital systems, building and sustaining volunteer relationships, Free Clinic tours, and much more. By attending this conference, licensed health care providers will be able to earn category II Continuing Education credits. For more information, please visit [www.wafreeclinics.org/annual-conference.html](http://www.wafreeclinics.org/annual-conference.html)

### **Provider's Needed SOS Health Services Walla Walla/College Place**

A faith-based free medical clinic serving the Walla Walla Valley is in need of volunteer providers. The clinic is open on Mondays, 5:30 p.m. – 7:30 p.m., and on Wednesday's from 3:00 p.m. – 5:00 p.m. Bilingual in Spanish is helpful, but not necessary. If you are interested please contact Janice Anhorn, RN, Clinic Manager, at (509) 529-1481. Please leave a message and your call will be returned as soon as possible.



Right -

The first graduating class of the Rural Outreach Nursing Education Program, December 2010

*(RONE continued from Page One)*

Instead, Lower Columbia College brought the classes to her.

Answering a plea from rural hospitals across the state, LCC developed a nursing program that turned these hospitals into classrooms and allowed students from remote regions to earn their associate's degree without relocating.

Saturday, Hunter and a dozen other students from four rural areas became the two-year program's first graduating class.

"In terms of what the learning outcomes are, it's exactly the same (as taking classes at LCC)," said Helen Kuebel, an LCC assistant dean and director of nursing programs.

LCC faculty began developing the program four years ago in response to a dilemma faced by many of the state's small rural hospitals and clinics.

Hospitals like the 25-bed Ferry County Memorial, located in the 1,000-person town of Republic, often struggle to recruit nurses. They may want to give employees a chance to become licensed nurses and advance their careers, but doing so means sending them off to college.

The result: The hospital may lose an employee for two years of schooling. New nurses often compound the problem by choosing not to move back to their home areas after obtaining a degree.

"We are always on that fence of being short," said Ferry County Memorial Administrator Ron O'Halloran. "We have a shortage right now and it's nice to see we have a graduating class that's going to be able to help fill those

O'Halloran played a key role in pitching the concept of the program, called Rural Outreach Nursing Education (RONE). A key step forward was developing the concept of one staff member at each rural hospital becoming an LCC clinical instructor.

Donations funded most of the \$800,000 it cost to develop the program, Kuebel said.

"We had challenges, but things moved right along," she said. "We had a lot of enthusiasm among our faculty."

In addition to Ferry County, hospitals in Goldendale, Morton and Port Townsend also participated in the pilot program.

The program received recognition from Gov. Chris Gregoire in 2009 as one of five projects that helped create jobs, build a skilled workforce and enhance the economy in local communities.

Interest is spreading. Kuebel said she expects about 10 rural hospitals - including Ocean Beach Hospital in Long Beach - to partner with the college when the third wave of students begin in September 2011. Twelve students are set to graduate next December as part of the second class.

All expenses included, the program costs each student about \$10,000. In many cases, students' loans are forgiven if they serve for three years in a "critical access" hospital like Ferry County, O'Halloran said.

A pinning ceremony took place Saturday at LCC to honor the graduates. All but the four from Republic were expected to attend.

*(RONE continued on Page Seven)*



## LAURIE WYLIE BECOMES HRSA REGION X ADMINISTRATOR

It is with very mixed emotions that I announce my departure from WWAHEC. My last day here will be March 10. I will not be going far, literally or figuratively, as I

have accepted the position of HRSA Regional Administrator for Region X and will be starting there on March 14. Their office is literally a block away.

Jodi Palmer, MSW, Deputy Director, will be named Acting CEO upon my departure, and I am hopeful that the Board of Directors will be quick in their deliberations in naming a permanent CEO.

I am honored to have served WWAHEC for a little more than 20 years. The organization has managed to remain stable through economic and political changes. This has not only been through my work, but also the work of a very dedicated staff. Jodi Palmer has been with WWAHEC for 21 years, and Frank Kohel, Office Manager and Executive Assistant, has been here for 14 years. Jana Lindner has returned to employment and has moved into the role of Program Coordinator.

WWAHEC is in good hands with Jodi as Acting CEO. Her insights and recommendations are immeasurably valuable. Jodi has been involved in nearly all aspects of making WWAHEC what it is today. In addition to her many years with WWAHEC, she previously served in executive administration in Alaska and Washington in other venues.

The new leadership of the WWAMI AHEC Program at the UW is amazing. Suzanne Allen, MD, MPH, Dean for Regional Affairs is the named Principal Investigator on the grant, and maintains an active role in trying to re-energize the WWAMI AHEC system.

Suzanne is very warm, approachable, and reasonable. She has named Mark Doescher, MD and Sue Skillman, MS as the Associate Directors, meaning they will have more day-to-day responsibilities with the program. Mark also is the Director of the WWAMI Rural Health Research Center, and Sue is the Director of the UW Center for Workforce Studies. Both have years of focus in researching and understanding health professions

workforce needs and issue locally, regionally and federally. These three are a breath of fresh air, and want to see AHEC succeed, and will serve as great champions for AHEC within the UW system and elsewhere.

One of the responsibilities of my new position is to increase coordination of HRSA programs, making me confident that I will continue to cross paths with many of you in the days to come.

### ***WWAHEC BOARD SALUTES LAURIE WYLIE***

The Western Washington Area Health Education Center Board wishes to thank Laurie Wylie as our CEO for her vision and dedication on behalf of rural and underserved residents of western Washington. Laurie has been a passionate advocate of the AHEC for 20 years. Laurie has been innovative and aggressive in finding new sources of funding and keeping the AHEC mission alive. She has represented our organization on the state and national level and has been an active participant in health organizations throughout Washington State. Her energy and hard work have given the board strength and inspiration. We know that Laurie will be an asset as the Regional Administrator for HRSA for Region X. We look forward to a continued relationship with her in this new position and give her our support and best wishes.

As we move forward, we can be assured that Laurie has built a strong organization with great staff. Jodi Palmer, her Deputy for all of her 20 years with AHEC will continue that strong leadership and we look forward towards building our future.

**Kennethia R. Ishman, MHA, BS**  
President

**Myrtle Mitchell, PhD**  
Past President

**Ki Shin, MD**  
President Elect

**Louise Parker, PhD**  
Secretary

**Nola Ormrod, MSN, RN**  
Treasurer

**Senator Rosa Franklin, RN**

**Margie Godfrey, ARNP, FNP, BC**

**Kathleen Kinsey, MSN, MPA, MPH, BSN, RN**

**Jim Lowery**



*(Dungeness Valley continued from Page Two)*  
and managed by a paid Nurse Practitioner as the primary provider. In its first month of operation, the CHC allowed us to shift more than 40 of our clients, who had been accessing the evening clinic, from episodic to planned care management for their chronic condition. By the end of the year, the number of unduplicated CHC clients exceeded 90 individuals. As a result of the CHC program, the evening basic urgent care, held twice weekly, experienced a growth of 41% in 2010 over 2009. A corresponding growth in those with chronic conditions required expansion of CHC by the end of 2009. Additional expansion is planned for 2011.

Great strides in addressing our mission of Wellness through the “Working on Wellness” (WOW) program were made in 2010. The free monthly WOW forums, presented by community professionals, continue to attract increasingly large audiences from our community of those who want to take a more proactive approach to learning more about ways to better manage their personal wellness. Through the receipt of a two year Washington State Department of Health (HSR) Grant, we were successful in the development of a much more robust educational program. The offerings include: “Diabetes Education Basics” classes for our clients with diabetes; an interactive training program called the Stanford Chronic Disease Self-management Program (CDSMP) which is a six part series that teaches people practical skills to better cope with a chronic disease, and “It’s Time for Healthy Eating” designed to teach healthy habits for nutrition and potential weight loss over a two month series of interactive meetings. The educational and self-management activities include one-on-one diabetes coaching, group classes and establishment of support groups.

Another achievement for which we are very proud is being chosen as the recipient of the Community Health Leadership Award for 2009 by the Washington State Hospital Association. Leo Greenawalt, President of the Association, said, “The Dungeness Valley Health and Wellness Clinic is a shining example of how communities can come together to provide their uninsured residents with excellent care. They are making a tremendous difference in the lives of people they serve. It is a pleasure to give them this award.” (See Photo Above)

The breadth of services provided by this community clinic is outstanding. The caliber of individuals on all levels who support our clients with skill, commitment to the mission and a personal willingness to volunteer their services to assist those in need continue to make a tremendous difference in the lives of the people they serve. As Clinic Director, I am privileged to be part of such a remarkable endeavor and believe the community should take great pride in the ongoing work and accomplishments of this clinic. Sometimes it does take the Village.

***This article was written by Rose M. Gibbs, RN, CNAA-BC Greater than 35 years in Nursing Administration associated with large tertiary medical centers in California. Education: BSN from California State University, Sacramento and a MHA/MPA from the University of Southern California. Certification from the American Nurses Credentialing Center in “Nursing Administration, Advanced”. After enjoying a short retirement from health care, in March 2009, began as the Clinic Director at Dungeness Valley Health and Wellness Clinic in Sequim, Washington.***

## UW MEDICAL—SURGERY PRACTICE COURSE PROVES ITSELF TO RURAL NURSES

Sheri Krupla is the Med-Surgery Coordinator at Lake Chelan Community Hospital. She is a 2007 graduate of Wenatchee Valley College. Though her education is fairly recent, Sheri felt it was vital to keep current, with new medical surgery issues and changing practices. She saw a flyer from UW CNE's online "Enhancing Medical Surgical Nursing Practice" course. Sheri and a fellow nurse decided that together they would sign up for this online 16 week course. Sheri was impressed with the class as it covers every system and major illnesses. Nurses in her hospital are required to take some mandatory courses but she was interested in a more comprehensive course. She took the course from home at her convenience using her DSL connection. She even got some friendly prompting from the course instructor when she hadn't "started" the class because she was on vacation the first two weeks. The class is self paced but you do need to complete the course within a certain timeframe. She received local financial support as the Lake Chelan Hospital Guild actually provides continuing nursing education funding support.

Sheri is putting the education to work at the hospital, improving the quality of care and patient safety. Some examples include how to treat a confused patient and what medication is often contraindicated. Although not a wound care specialist, she received state of the art instruction (along with great pictures!) "The wound care section is fantastic", she said. Now she has current information on major illnesses that she doesn't see every day at the hospital. She can also go back to the CNE site and review the video lecture and PowerPoint when she needs to.

Sheri is taking what she learned in the class one step further. She is integrating what she learned into the electronic patient chart that is thorough the hospital. For instance, she can build in a fall risk and care plan into the chart. She is also following up ordering medical supplies that will decrease infection in hospitals.

Sheri highly recommends this online course to her fellow nurses and it will count for the required CE that nurses in Washington must have. For more information on the UWCNE course link to the video at <http://lecture.son.washington.edu/p87504834/> next course is June 6-August 14, 2011. Fall course is September 12- November 20 2011. Credit: are 50 contact hours and Tuition is \$695.

*(continued from Page Four)*

The Ferry County group will hold its own pinning ceremony Monday in a rented church.

Hunter - who is working part-time at Ferry County Memorial, said she has a tentative interview set up with hospital officials for a full-time job.

"It's awesome," she said of graduating. "Lots of people have supported us."

*Alliance* is published by the  
Western Washington Area  
Health Education Center

### WWAHEC Staff

**Laurie Wylie, MA, RN, NP**  
CEO/Executive Director

**Jodi Palmer, MSW**  
Deputy Director

**Jana Lindner, BA**  
Program Manager

**Holly Boyce, BA**  
YHSC Coordinator  
Americorps Volunteer

**Frank Kohel**  
Office Manager/Executive  
Assistant

### Board of Directors Executive Committee

**Kennethia R. Ishman, MHA,  
BS**  
President

**Myrtle Mitchell, PhD**  
Past President

**Ki Shin, MD**  
President Elect

**Louise Parker, PhD**  
Secretary

**Nola Ormrod, MSN, RN**  
Treasurer

**Laurie Wylie, MA, RN, NP**  
CEO/Executive Director

**Western Washington Area  
Health Education Center**

2033 Sixth Avenue  
Suite 310

Seattle, WA 98121

Telephone (206) 441-7137

FAX (206) 441-7158

Email—[wwahec@wwahec.org](mailto:wwahec@wwahec.org)

Website—[wwahec.org](http://wwahec.org)



**Western Washington Area Health Education Center**  
2033 Sixth Avenue, Suite 310  
Seattle, WA 98121-2526

**Non-Profit  
Organization  
U.S. Postage  
PAID  
Seattle, Washington  
Permit No. 3957**

**ADDRESS SERVICES REQUESTED**

*Inform Us Please!*

1. If you wish to be included in our mailing list.
2. If you have information to share.
3. If you would like to include your CE Activities in our On-Line calendar.

We appreciate any comments or questions you may have.

The Alliance is supported in part by Cooperative Agreement No. U&6 PE 03022 with the Bureau of Health Professions, Department of Health & Human Services and the Washington State Department of Health.

*Visit our website at [www.wwahec.org](http://www.wwahec.org)*

**Retrofitting for Reform  
9<sup>th</sup> NW Regional Critical Access Hospital  
Conference: March 29, 2011  
24<sup>th</sup> NW Regional Rural Health Conference:  
March 30-31, 2011**

*Red Lion Hotel at the Park, Spokane, WA*

*Hungry for How To's? These Conferences are for YOU!*

*Brochure and Registration Online:  
<http://extension.wsu.edu.ahec>*

*For More Information:  
(800) 279-0705 or (509) 358-7640 or [ahec@wsu.edu](mailto:ahec@wsu.edu)*

***Mission Statement***

*The Western Washington Area Health Education Center works to assure equity of and access to health care for underserved rural and urban populations in western Washington through education and workforce development.*