Southern NH Area Health Education Center

128 Route 27, Raymond, NH 03077  www.snhahec.org

March 2015

Upcoming Conferences, Workshops, and Programs

Conferences and Workshops

Southern New Hampshire Area Health Education Center is an Approved Provider of continuing nursing education by the Northeast Multistate Division, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

The Southern NH Area Health Education Center, accredited by the NH Medical Society, designates live activities for AMA PRA Category 1 Credit(s). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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Sponsored by Southern NH Area Health Education Center, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. SNHAEC Provider Number MEP3658.

The Southern NH AHEC is proud to announce we can now accept online payment methods through our Eventbrite page! To access our page, please visit www.snhahec.org and click “Upcoming Events” or search for Southern NH Area Health Education Center on www.eventbrite.com!

New Interpretation Classes

70-Hour Legal Interpretation Training

Manchester, NH: North Eastern Institute of Whole Health

Dates TBD

To register for this course, download a registration form at www.snhahec.org and mail to:

Florentina Dinu, Southern NH AHEC, 128 State Route 27, Raymond, NH 03077
603.895.1514 x5 | fdinu@snhahec.org

Please include a copy of your high school diploma/GED or higher education certificate
What can you do for the growing number of caregivers in your community?

Caring for an older adult with chronic illness can be physically, emotionally, and financially draining. Powerful Tools for Caregivers can help.

This program is:
- Proven to produce results
- Easily implemented
- Attractive to funding sources
- Based on solid research
- Well-packaged

Learn to lead Power Tools for Caregivers in this two day training program.

For registration information please contact Allison Morgan at Grafton County ServiceLink at 603-448-1558

An Evidence-Based Approach

Powerful Tools for Caregivers is an evidence-based program and has consistently shown increased self-efficacy for participating caregivers. The curriculum was developed through 3 years of careful piloting, evaluation and refinement. It has now been implemented for more than 12 years; trained 1,700 Class Leaders in 32 states, and reached over 70,000 caregivers.
As a nation and a state, we are struggling to address the transformation of the health care system as we move to a model of team based care. One strategy that other states have used to engage communities and assist with navigating services is to promote the Community Health Worker (CHW) model. Train to become a CHW in New Hampshire and incorporate your new knowledge into team based care opportunities offered in hospitals, medical practices, community health centers and social service settings.

Target Audience
There are a variety of roles and numerous titles that fall under the CHW umbrella: Outreach Worker, Lay Health Advisor, Health Promoter, Patient Advocate, community health advisor, family advocate, liaison, peer counselor, patient navigator, health interpreter and public health aide. Those listed and more are welcome to attend!

To Register please contact:
Kaitlyn St. Amand, Program Coordinator, SNHAHEC
128 State Route 27, Raymond, NH 03077
(603) 895-1514 x4 Fax (603) 895-1312
kstamand@snhahec.org

Diabetes “Lunch” and Learns

Sessions now available!

**Million Hearts**
* By the end of the session participants will be able to:*
  * Describe the need, goals and recommendations of the Million Hearts Initiative*
  * Discuss blood pressure techniques and resources currently being used in your facility*
  * Apply recommendations in every day patient care*

**Blood Pressure Control**
* By the end of the session participants will be able to:*
  * List the three classifications of blood pressure*
  * Use correct patient positioning for an accurate BP measurement*
  * Select the correct size BP cuff for accurate measurement*
  * Identify at least 3 lifestyle modifications that you can discuss with patients who have pre-hypertension or hypertension*

Scheduling is available now!
Contact Kaitlyn St. Amand @ kstamand@snhahec.org for more information
Are you interested in becoming a trained leader to co-lead Better Choices, Better Health Workshops in NH for adults who have chronic conditions?

Stanford Chronic Disease Self-Management
New Leader Training Offered

Who should attend the Leader Training?
• Are you interested in providing the CDSM program for members of your community with chronic diseases to help them increase their ability to manage their illnesses on their own?
This training will prepare you to hold a 6 week workshop series to provide the Better Choices, Better Health Chronic Disease Self-Management program and is a great opportunity to join a supported network of other NH leaders offering this program throughout NH.

Southern NH
June 25, 26, 29, 30, 2015
9:00-4:00pm
Manchester Health Department
Manchester, NH

To register, please contact Kaitlyn at:
kstamand@snhahec.org 603-895-1514x4

For more information on the Stanford Chronic Disease Self-Management Program (CDSMP), please refer to http://patienteducation.stanford.edu/programs/cdsmp.html
This leader training is grant funded and, therefore, there is no cost to attend the training.

Stanford’s Chronic Disease Self-Management Program:
Better Choices, Better Health

Do you have patients with a chronic disease? Are you looking for resources to help them take better care of themselves?

The NH CDSMP Network is offering Stanford’s Chronic Disease Self-Management Program: Better Choices, Better Health as a resource to providers and residents of New Hampshire. The program gives patients with chronic diseases and the people who care for them an opportunity to learn how to put life back into their lives.

For more information please contact Kaitlyn St. Amand at
kstamand@snhahec.org or 603-895-1514x4

As a series of workshops:
Classes are offered in community centers across NH. Upcoming trainings can be found at www.snhahec.org under the “BCBH” tab.

“Lunch” and Learn
An introductory one-hour session can be brought to your practice by SNHAEC to help your staff understand what can be done to help patients with chronic diseases manage their lives. To schedule this session, contact Kaitlyn below.
Learning Objectives:

• Discuss disability & prevalence of disability in NH
• Explain disparities in health experienced by people with disabilities
• Recognize barriers to accessing health care and preventive services
• Acquire strategies and approaches to provide culturally competent, responsive care

Cultural Competency Lunch and Learn!

Responsive Practice: Providing Health Care and Screening to Individuals with Disabilities

To schedule this 1 hour session, contact Kaitlyn St. Amand at kstamand@snhahec.org.
2nd Community Health Worker Summit
Creating Opportunities: Integrating Community Health Workers into Practice

Join us in learning more about Community Health Worker (CHW) initiatives and how to integrate CHWs into hospitals, medical practices, community health centers and social service setting. The CHW model is an essential strategy that other states have adopted to facilitate consumer access to services and improve the quality and cultural competence of service delivery.

Community Health Workers can:
- Be incorporated into team based care
- Help patients navigate the healthcare system
- Increase patient and community engagement

To register visit our “Upcoming Events” page at http://www.snhahec.org/

Who should attend?
- Individuals, organizations, leaders, and decision makers who are interested in addressing policy and systems change to improve population health in NH communities
- Providers, nurses, social workers, cancer registrars, health educators, and others involved in oncology care coordination who support effective use of health care services

What’s on the agenda?
- Official launch of the 2015-2020 NH Comprehensive Cancer Plan; how to participate, contribute, and support
- Kurt Stange, MD - the critical link between oncology and primary care practices
- J. Frank Wharam, MD - impact of health policy and health plans on quality and vulnerable populations
- J. Russell Hoverman, MD - changing health systems to improve patient-provider communications
- Cancer hot topics: E-cigarettes, HPV vaccinations, Genetics, Lung Cancer Screening, Legislative Policy in NH

Registration Available!
www.NHCancerPlan.org
info@NHCancerPlan.org

April 15, 2015
The Common Man
231 Main Street
Plymouth, NH 03264

10th Annual Meeting
Wednesday, April 1, 2015 Grappone Conference Center Courtyard by Marriott, Concord, NH
Aligning Strategies to Improve Cancer Care in a Shifting Landscape Launching the “2015-2020 NH Cancer Plan”

Target Audience
Representatives of health systems, social service, and community organizations as well as legislators and CHWs who are seeking new models of care to promote access to services and minimize health disparities
The Southern NH AHEC Nursing Quest Summer Camp
For Boys and Girls ages 12-15

For rising 8th and 9th grade boys and girls

Who should go to camp?
If you are entering or leaving the 8th grade and think you might be interested in exploring a career in nursing, you will benefit from the camp.

What will I be doing at camp?
- Wear Scrubs-We give them to you!
- Become certified in CPR
- Learn about different nursing careers in various settings
- Go on field trips to different healthcare organizations
- Measure vital signs- Blood pressure, temperature, and pulse rate

CAMP DATES and TIMES:
8:30am-3:30pm
Manchester Community College
August 10-14, 2015

Nashua Community College
July 27-31, 2015

For rising 9th and 10th grade boys and girls

Who should go to camp?
If you have participated in the Nursing Quest Summer Camp for 8th graders and think you might be interested in further exploring a career in nursing, you will benefit from the camp. Anyone in 9th or 10th grade can also benefit!

What will I be doing at camp?
- Expand your knowledge of body systems
- Develop your knowledge of medical terminology
- Strengthen your skills and resources for health career development
- Meet new people and have fun!

CAMP DATES and TIMES:
9:00am-3:30pm
Manchester Community College
August 3-7, 2015

Have a child 16 years of age or older?
please join us at the Health Careers Institute at Dartmouth! Please visit http://tdi.dartmouth.edu/hcid/about for more information!

To register visit our “Upcoming Events” page at http://www.snhahec.org/
**NH Chronic Disease Conference 2015**
**Living Well with Chronic Disease**
May 12, 2015   9:00am-3:30pm
Graponne Conference Center
Concord, NH

**Target Audience**
Family practice physicians, physician assistants, nurse practitioners, nurses, respiratory therapists, certified health education specialists, community health workers, asthma educators, medical assistants, certified diabetes educators, school nurses and any others interested in chronic disease prevention and management!

**Learning Objectives**
- Identify opportunities to promote prevention and improve the management of patients with chronic disease.
- Explore care management strategies that promote patient engagement and health equity in pediatric and adult patients.
- Describe how state and federal policies are impacting the care of patients with chronic disease.
- Discuss ways in which technology can be used to engage patients in self-management.

For more information, visit www.snhahec.org or contact:
Kaitlyn St. Amand-kstamand@snhahec.org
p 603.895.1514 x4 | f 603.895.1312

Thank you,
Kaitlyn St. Amand, Program Coordinator
Southern New Hampshire AHEC
128 State Route 27, Raymond, NH 03077
kstamand@snhahec.org | t (603) 895-1514 x 4 | f (603) 895-1312
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**March 2015**

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