Southern NH Area Health Education Center
A Public Health Training Center
128 Route 27, Raymond, NH 03077 www.snhahec.org

July 2011 Upcoming Conferences, Workshops, and Programs

Conferences and Workshops
The Southern New Hampshire Area Health Education Center is an approved provider of continuing nursing education by the New Hampshire Nurses’ Association Commission on Continuing Education, 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 this live activity for a maximum of 1 AMA PRA Category 1 Credit(s). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

For more information on all of our conferences and workshops, please visit our online calendar at www.snhahec.org/calendar. Online registration is available for most events!

Announcement!
Southern New Hampshire AHEC is now an approved provider of continuing education for Certified Health Education Specialists by the National Commission for Health Education Credentialing, Inc.!

Upcoming offerings for CHES include:
- Health Literacy: Helping Your Patients Understand
- Understanding Bullying from a Health Perspective
- Resources for Asthma Educators: Motivational Interviewing

Please contact Christina Patenaude at cpatenaude@snhahec.org or 603.895.1514 x3 with any questions or suggestions for future events!
Literacy is the strongest predictor of health status*. Medical terminology is often complicated—and difficult for most patients to understand, despite educational level. How can you be sure your patients are understanding what you are telling them? How can you communicate more effectively with them? This session features instructional lecture, as well as hands-on activities to help you become a more effective provider of care.

Learning Objectives
At the end of this session, participants will be able to:
• Recognize the impact of low health literacy on patients’ health.
• Demonstrate the ability to recognize and address low health literacy with patients
• Evaluate patient education materials for clarity and accessibility
• Apply strategies for improving patient access to information into daily practice

Registration Fee $50, includes continuing education credits and required materials. Limited scholarships available, contact Christina for a scholarship form

Target Audience: Physicians, physician assistants, nurse practitioners, nurses, social workers, Certified Health Education Specialists, and other medical staff team members interested in ways to better communicate with patients.

Register Online or download a brochure at www.snhahec.org

For more information or to have a brochure emailed to you, please contact Christina Patenaude at cpatenaude@snhahec.org or 603.895.1514 x3.

Understanding Bullying from a Health Perspective
Tuesday, September 20, 2011
5:00-8:30 p.m.
The Derryfield, 625 Mammoth Road, Manchester
$35 registration fee includes dinner, continuing education credits, and materials

Bullying can be a major stressor in the lives of children. Surveys estimate that at least half of all children have been bullied at some point in their school years. How can a healthcare provider support a family with a bullied child? Dr. Malcolm Smith, a Family Life and Family Policy Specialist and faculty at the University of New Hampshire, will hold a lecture on bullying from a health perspective.

Learning Objectives:
• Discuss the root cause of bullying and identify 3 types of bully
• Recognize the health risks associated with bullying
• State the 10 major myths about bullying
• Describe strategies for comforting victims of bullying
• Describe strategies for helping parents discipline bullies
• Access resources for social learning and cognitive strength

Target Audience:
Family physicians, pediatricians, family nurse practitioners, physicians assistants, nurses, medical assistants, social workers, certified health education specialists, and others interested in the role of healthcare professionals on bullying

Register online at www.snhahec.org or contact Christina at cpatenaude@snhahec.org

What’s Culture Got to Do With It?
Enhancing Cultural Competence in Health Care
September 21, 2011 | 8:30 a.m. to noon
Puritan Back Room 245 Hooksett Road, Manchester

What is Cultural Competence, and how does it inform the delivery of Healthcare today? Please join us for an engaging exploration of the topic, and its impact on the way that we provide care in an increasingly 'global' environment. Share your knowledge and experience with others in your field, and emerge with an enriched palette of skills, practices, and perspectives that can save time, increase efficacy, and ultimately improve outcomes.

Learning Objectives
• Demonstrate enhanced skills in cultural competency
• Describe how cultural competency relates to your present and future success in a changing world
• Explore the many ways in which the best-prepared providers are able to flow more effortlessly with change, resulting in better service metrics, greater staff satisfaction, and less waste

Target Audience
Physicians, physician assistants, nurse practitioners, nurses, social workers, Certified Health Education Specialists, administrators, and others interested in enhancing their cultural competency skills

Registration Fee
A $35 registration fee covers breakfast buffet, continuing education credits, and required materials. Limited scholarships are available! Contact Christina for an application.

Register Online at www.snhahec.org/calendar
If you have any questions, please contact Christina Patenaude at cpatenaude@snhahec.org or (603) 895-1514 x3

Wednesday, October 5 5:30-8:00
Conference Room A
Puritan Back Room
245 Hooksett Road, Manchester

$25 registration fee
Includes dinner and continuing education credits
Scholarships are available!

The fall meeting of Resources for Asthma Educators will focus on motivational interviewing, with Lisa Stockwell returning to share tips and insight on helping you effectively communicate with your patients.

Learning Objectives
After this session, participants will be able to:
• Discuss barriers asthma educators and clients face in negotiating plans.
• Define the stages of change
• Define the fundamentals of Motivational Interviewing.
• Identify the basic principles of Motivational Interviewing

Reports from the Field
The session will include a Reports from the Field segment where participants share their questions, comments, and experiences with the group. Please be prepared to bring your own to share!

Target Audience: The audience for this program includes clinicians who provide asthma education, whether they are certified asthma educators, or non-certified.

Limited Spaces Available! Register Today!

Register Online at www.snhahec.org/calendar
If you have any questions, please contact Christina Patenaude at cpatenaude@snhahec.org or (603) 895-1514 x3
Nursing Quest
Summer Camps

For boys and girls ages 12-15

Explore careers in nursing and build skills using hands-on experiences

Who should go to camp?
Students entering or having left the 8th or 9th grade interested in exploring a career in nursing

8th Grade Camps

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<tr>
<th>Week 1: July 11-15</th>
<th>Manchester Community College (both camps full)</th>
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<tr>
<td>Week 2: July 18-22</td>
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<td>Week 3: August 1-5</td>
<td>Nashua Community College</td>
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<td>Week 4: August 8-12</td>
<td>NHTI Concord</td>
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9th Grade Camp

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<tr>
<th>Week 1: July 25-29</th>
<th>Manchester School of Technology (camp full)</th>
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Camps are sponsored by
Southern NH AHEC, Manchester Community College, Nashua Community College & NHTI Concord

With funding from
Endowment for Health, Robert Wood Johnson & Partners in Nursing Program

If you know of a child who may be interested in attending the Nursing Quest Summer Camp, contact Tracie Holmes at tholmes@snhahec.org or (603) 895-1514 x4 for an application form!
AutumnLogic 2011
Surviving and Thriving in the Changing Environment
Friday, October 14, 2011
8:00 a.m.-4:30 p.m.
SERESC Conference Center
29 Commerce Drive, Bedford, NH

Presented by:
The Southern New Hampshire Area Health Education Center
In collaboration with representatives from the Planning Committee
Community Health Access Network (CHAN) • Central Maine Medical Center • Lamprey Health Care, Inc.
Martins Point Health Care • Regional Extension Center of NH • HIT Roundtable, formerly Partnership around Technology in HealthCare (PATH)

Contact Tracie Holmes at tholmes@snhahec.org or 603-895-1514 x 4 with questions.

NHNA Fall Convention &
Annual Meeting
Harnessing the Power of Nursing
~Communicating with Confidence~
October 26, 2011 8:00-4:30
SERESC
29 Commerce Drive, Bedford, NH

Donna Cardillo, RN is the Career Guru for Nurses. She is the Dear Donna columnist at Nursing Spectrum magazine and the former Healthcare Careers Expert at Monster.com. Donna is also an “Expert Blogger” at DoctorOz.com, the first and only nurse blogging there. She is an author, thought leader, humorist, and legendary cut-up.

KEYNOTE: Nurse Power! Communicating Your Value, Promoting Your Worth
ENDNOTE: Nursing - The Future is Ours!

Breakout Sessions Include:
DOCUMENTATION and Malpractice Prevention Wendy Wright, MS, APRN, FNP, FAANP
MEET or TWEET : MULTI GENERATIONAL COMMUNICATIONS Paula Johnson, RN, BSN, MPA
NURSING ACROSS CULTURES: Effective Healthcare Communications Lynn Clowes, NH Minority Health Coalition
CONFIDENT COMMUNICATIONS for Creating Positive Workplaces Beth Boynton RN, MS
DEALING WITH DIFFICULT PEOPLE Jack Agati, Encouraging Concepts Associates

Register online at NHNurses.org!
For more information or questions, contact the NH Nurses’ Association at 603.225.3783 or via email at avery@nhnurses.org
New England Bone Club 2012

March 29 & 30, 2012

Sheraton Portsmouth Harborside Hotel
250 Market Street, Portsmouth

CASE STUDIES

If you have a case study you would like reviewed by the committee for presentation at the New England Bone Club, please forward your case abstract to:

Christina Patenaude
cpatenaude@snhahec.org
P 603.895.1514 x3 | f 603.895.1312
128 State Route 27, Raymond, NH 03077

Patient-Centered Asthma Care:
Making What We Know Works Operational

SAVE THE DATE
May 23, 2012
Grappone Conference Center
Concord, NH

Now accepting abstract proposals for presentations & posters, as well as exhibitor inquiries. For more information or to submit a request, contact:

Christina Patenaude
cpatenaude@snhahec.org
P 603.895.1514 x3 | f 603.895.1312
128 State Route 27, Raymond, NH 03077
**New Interpretation Classes**

**New!**

**Advanced Interpretation Training**

**September 7 through December 19, 2011**

**Wednesdays from 5:30 to 9 p.m.**

**Manchester, NH**

Southern NH AHEC is offering a 54-hour “Community Interpreter” advanced interpretation program. The program includes:

- Details about the two organizations offering national certification for medical interpreters and their exams,
- The National Council on Interpreting in Health Care (NCIHC) ethics
- NCIH standards of practice for healthcare interpreters
- The new national view on cultural mediation and advocacy
- Advanced medical terminology
- Interpreting in social services
- Interpreting in educational settings
- And more!

Download a registration form at [www.snhahec.org](http://www.snhahec.org) and mail to:

Florentina Dinu
Southern NH AHEC
128 State Route 27
Raymond, NH 03077

Please include a copy of your previous interpretation training certificate

**Medical Interpretation Training**

**Mondays from 5:30 to 9 p.m.**

**September 12-December 19, 2011**

**22 Bridge St, Manchester, 2nd floor**

SNHAEC is offering a 54-hour Medical Interpretation training program. Each applicant will be screened for English and target language proficiency. Attendance at all classes is mandatory in order to receive a certificate of completion.

**Cost of Program:**

$500 if registration is received by August 31st

$700 if registration is received after August 31st

*price of class does not include mandatory Bilingual medical dictionary and atlas of anatomy

Download a registration form at [www.snhahec.org](http://www.snhahec.org) and mail to:

Florentina Dinu
Southern NH AHEC
128 State Route 27, Raymond, NH 03077

Please include a copy of your high school diploma/GED or higher education certificate

Project partially funded by the City of Manchester Community Improvement Program

In Partnership with the U.S. Department of Housing and Urban Development
**Lunch n’ Learn Opportunities**

Schedule a session at your practice today! They are free of charge and include lunch, materials, and continuing education credits. Contact Christina (cpatenaude@snhahec.org) or Tracie (tholmes@snhahec.org) to schedule a session.

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**The Metabolic Triad: Diabetes, Cardiovascular Disease, and Inflammation**

Individuals with diabetes have a greater risk of developing CVD and a mortality rate associated with CVD that is 2 to 4 times higher than people without diabetes. This one-hour lunch and learn session will educate providers on the markers, preventative measures, and treatments for these co-morbid conditions.

**Learning Objectives:**
- Explain the burden of cardiovascular risk factor in patients with diabetes
- Define inflammation and it’s role as a risk factor for CVD
- List 4 lifestyle modifications to reduce heart disease
- Review evidence based guidelines for diet, lipid disorders and hypertension
- Explain positive approach to nutrition education
- Describe a Heart Healthy Diet

**Faculty**
Della Flanagan, RD, CDE, MEd, BC-ADM, LD, Sandy Sheeran, RN, BSN, CDE, and Kris Ferullo RN, BSN, CDE

To schedule this Lunch and Learn at your practice, contact Christina Patenaude at cpatenaude@snhahec.org or (603) 895-1514 x3

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**Diabetes Guidelines Update**

**Learning Objectives:**
- Describe the revised guidelines for diabetes care
- Identify and articulate strengths and weaknesses in your practice in the management of diabetes
- Develop strategies for making system change to improve diabetes care in your practice

Continuing education credits are available for physicians and nurses. For more information or to schedule a Lunch and Learn, call Tracie Holmes at (603)895-1514 ext. 4 or tholmes@snhahec.org
Diabetes Medication Update

Learning Objectives:
• Identify new diabetes medications and describe how to use them appropriately
• Discuss appropriate use of the existing DM medications
• Identify indicators for moving to insulin
• Apply knowledge of diabetes medications through case study, discussion and a question and answer period

You may schedule either this one hour continuing education sessions to best fit your needs. For more information, please contact Tracie Holmes at (603) 895-1514 x4 or tholmes@snhahec.org

Diabetes in the School
A program for school nurses

Learning Objectives
• Discuss basic pathophysiology of Diabetes
• Review treatment modalities for controlling Diabetes
• Explain timing of insulin to meals and its action
• State the role of the school nurse for children with Diabetes

Continuing education credits are available for nurses. For more information or to schedule a Lunch and Learn, call Tracie Holmes at (603)895-1514 ext. 4 or tholmes@snhahec.org

Incentive Programs for Electronic Health Records and Meaningful Use!

Did you know that there are incentive funds available for implementing, and meaningfully using, certified Electronic Health Records (EHRs)? Every eligible provider who meets program criteria could receive up to $44,000 under the Medicare program or $63,750 under the Medicaid program. If you are a primary care provider, you may also be eligible to receive FREE technical assistance and support in implementing your system and meaningful use criteria!

To learn more about these programs, visits these websites or email/call us at:

**Medicare EHR Incentive Program:** The Centers for Medicare and Medicaid Services (CMS) website: [http://www.cms.gov/EHRIncentivePrograms/](http://www.cms.gov/EHRIncentivePrograms/)

**Medicaid EHR incentive program:** New Hampshire Health Information Technology Program website: [www.NHMedicaidHIT.org](http://www.nhmedicaidhit.org); email: info@NHMedicaidHIT.org; phone:(603) 271-3536

**EHR Technical Assistance and Implementation Support:** Regional Extension Center of New Hampshire website: [http://www.maehc.org/rec_nh_index_.html](http://www.maehc.org/rec_nh_index_.html); Jen Monahan, jmonahan@maehc.org; phone: (603) 717-5420

State of New Hampshire
Department of Health and Human Services
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.

The Better Choices, Better Health program is offered:

As a series of workshops:
Classes are offered in community centers across New Hampshire. Upcoming trainings can be found at www.snhahec.org under the “Better Choices, Better Health” tab.

As a Lunch n’ Learn Session:
An introductory one-hour session can be brought to your practice by SNHAHEC to help your staff understand what can be done to help patients with chronic diseases manage their lives. To schedule this session, contact Tracie below.

For more information, please contact: Tracie Holmes, tholmes@snhahec.org or (603) 895-1514 x4

Storms in the Night
Recognizing the Largely Unrecognizable:
A Session on Obstructive Sleep Apnea

The one-hour presentation will focus on complications and considerations of undetected and under-treated OSA.

Learning Objectives for the session include:
- Discuss the scope and magnitude of unrecognized and under-treated OSA
- Identify the myriad historical/physical features suggestive of OSA
- Describe the multiple and far reaching CV, Endocrine/Metabolic, and Neuro/Psychiatric consequences of OSA

Faculty: Bruce Brokaw, PA-C, lecturer of the Cardiac Risk/Emerging CV Risk Factors

To schedule this one-hour lunch and learn at your practice, please contact Christina Patenaude at cpatenaude@snhahec.org or at (603) 895-1514 x3
Improving Asthma Management: Continuing Education and Technical Assistance for Health Professionals

Improving Asthma Management, a series of eight continuing education sessions, is designed to bring you the most up-to-date information for successful asthma management in the primary care setting and enable practices to have a significant impact on improving asthma management for better patient outcomes. Whether you decide to schedule one program or the entire series, your practice will identify improvements the practice wants to make from among evidence-based best practices recommended in the 2007 National Asthma Education and Prevention Program Expert Panel Report 3 Guidelines for the Diagnosis and Management of Asthma. Examples of changes provider practices have been able to make include increasing the use of asthma action plans, routinely assessing for environmental triggers and exposures, diagnosing work-related asthma, scheduling follow-up asthma visits, increasing flu shots and more. This is an exceptional opportunity to make the kinds of improvements that will benefit both providers and patients.

This 8 part series offers:
- Asthma Guidelines for the Way You Practice
- Asthma Management Tools: Gizmos and Gadgets
- Asthma Medications
- Spirometry
- Control of Environmental Factors that Affect Asthma
- Asthma Education: Using the Toolkit
- Asthma Management Should Not Be Complicated!

Documentation: Implementation New or Revised Encounter Forms (for sites with Centricity only)

We suggest starting with the Asthma Guidelines and then choosing other sessions that fit the needs of the practice. Lunch will be provided.

For more information or to schedule a Lunch and Learn, call Tracie Holmes at (603)895-1514 ext. 4 or tholmes@snhahec.org

Integrating Oral Health into Primary Care

These three sessions are geared towards Primary Care practices:
- Pregnant Women
- Early Childhood (0 - 5 years old)
- Middle Childhood - Adolescent (6 - 18 years old)

Learning Objectives:
Each one hour session will cover the following objectives for the appropriate age group. Upon completion of these educational sessions, participants will be able to:
- Describe the importance of risk assessments and strategies for implementation in a busy practice.
- Identify options for providing fluoride.
- Demonstrate proper screening techniques.
- Discuss anticipatory guidance in relation to the periodicity chart

For more information or to schedule a Lunch and Learn, call Christina Patenaude at (603) 895-1514 x3 or cpatenaude@snhahec.org
**Case Studies in Diabetes**

This one hour program will encourage a dialogue about diabetes through the use of case studies. Several case studies have been planned for you, but feel free to bring your own.

**Learning Objectives:**
- Describe the impact of behavior modification in helping patients manage their diabetes
- Identify the benefits of diabetes education and the diabetes guidelines in managing the care of patients with diabetes
- Discuss how to assist individuals with mental health and/or emotional issues in managing their diabetes.

For more information, please contact Tracie Holmes at (603) 895-1514 ext. 4 or tholmes@snhahec.org

**Announcements:** Have a great summer!

Thank you,
Christina Patenaude, Program Coordinator
Southern New Hampshire AHEC
128 State Route 27, Raymond, NH 03077
Tel. (603) 895-1514 ext. 3
Fax (603) 895-1312
Email: cpatenaude@snhahec.org
www.snhahec.org

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<th>August 2011</th>
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**nursing camp week 1 - manchester**

**nursing camp week 2 - manchester**

**nursing camp week 3 - mst**

**nursing camp week 4 - nashua**

**nursing camp week 5 - concord**