

VOL. 2 ISSUE 1 · JANUARY 2025

AHEC EXCHANGE

Quarterly Newsletter for Southern NH AHEC



Preceptors Attend Teaching for Tomorrow

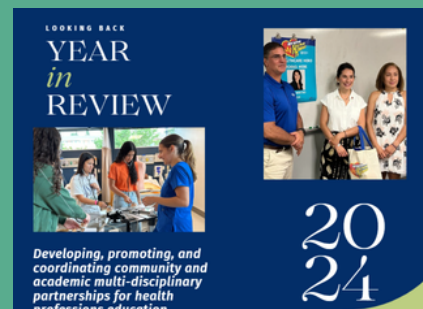
Southern NH AHEC had the opportunity to invite nursing preceptors to participate in Part 1 of Teaching for Tomorrow, a conference focused on teaching and learning. Our goal is to enhance skills to build the preceptor pipeline in NH. Preceptors are invaluable to the healthcare workforce as they prepare students for patient care by providing experiential learning opportunities. SNHAHEC received funding from the UMASS AHEC as part of the New England Nursing Preceptor Academy.



Fall 2024 Teaching for Tomorrow cohort

What is SNHAHEC up to?

- 2025 Preceptor nominations are open now! Nominate a preceptor [here](#).
- Tune in next issue for information on our Health Career Summer camps.
- Check out our 2024 Wrapped with our year's highlights and accomplishments [here!](#)



2024 Wrapped

AHEC Southern New Hampshire Area Health Education Center



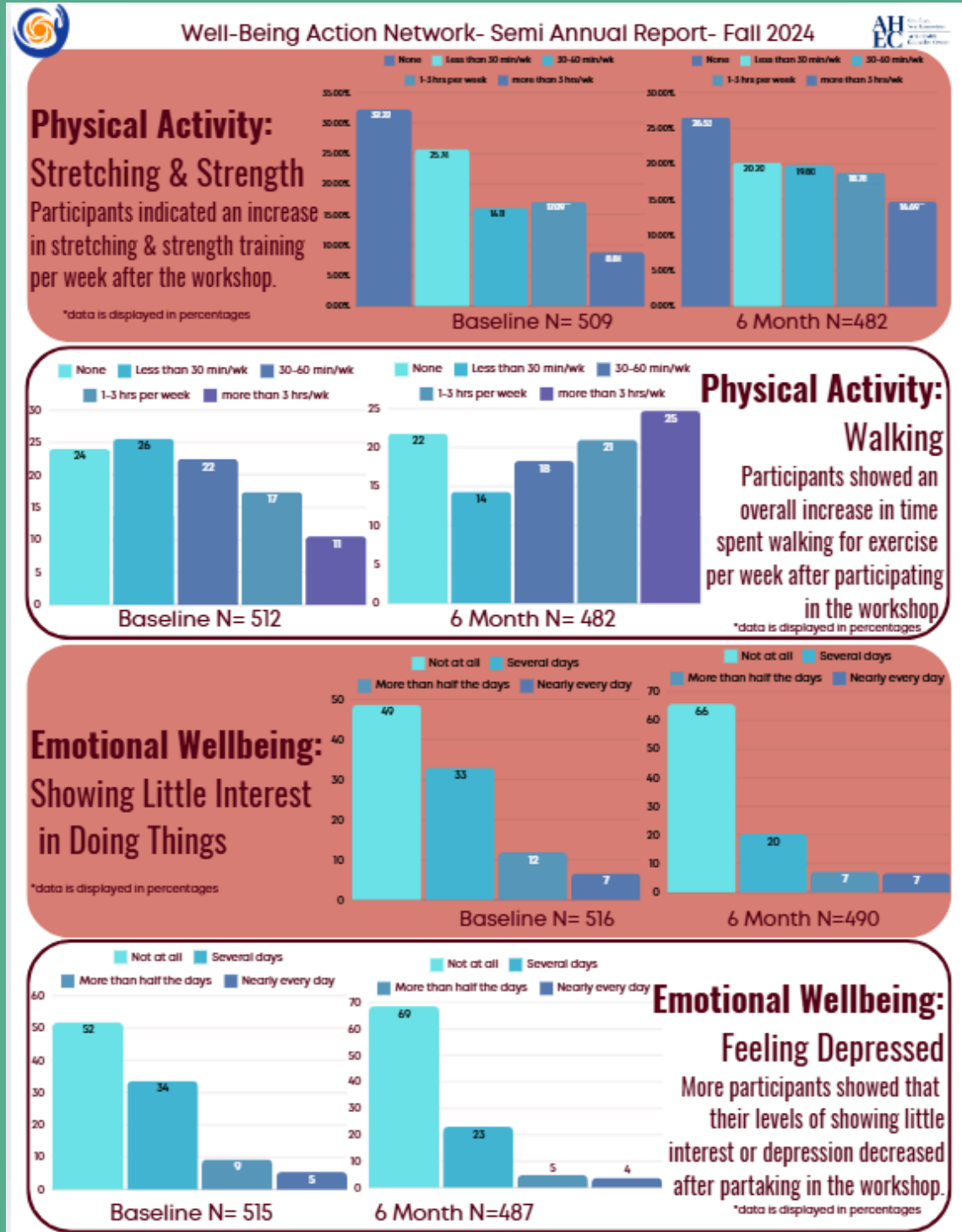
Mission Statement

The mission of Southern NH Area Health Education Center (AHEC) is to develop, promote, and coordinate community and academic multi-disciplinary partnerships for health professions education. We focus on under-served communities and provide education for students, practicing health professionals, and members of southern New Hampshire communities.



Chronic Disease Self-Management Data Cut

We just did a semi-annual report for the Chronic Disease Self-Management Program (CDSMP). It highlights data from workshops focused on self-management, symptom management, action planning, fitness, and health literacy for individuals managing chronic diseases. The program had 2,996 participants who attended at least one session. There was an increase in participants' adherence to at-home treatments post-workshop. The proportion of participants who strongly agreed to follow treatments rose from 38% at baseline (BL) to 51% six months post-intervention (6M). These results underscore the importance of community-based interventions in promoting health outcomes for chronic disease management.



A section from the Data Cut.

[Click here to read the whole report.](#)



The Heart of a CHW

CHW Connect

CHWs joined together for networking and learning. We hosted a Team Based Care presentation offered by a panel of CHWs who talked about strategies for integrating CHWs within care teams. CHWs also received updates on the process for legislative rule-making for CHW Certification, the roll out of the new CHW Employer Survey, and upcoming CHW Focus groups. CHWs shared their thoughts about how to describe a CHW in three words. [Click here to view the video and other highlights captured from CHWs.](#)



CHW Connect Attendees on December 10, 2024

Living Well with Chronic Pain Highlight

Our 6-week Living Well With Chronic Pain covers balancing activity with rest, patient-physician partnerships, nutrition, medication, and symptom management.

I really loved this class. It was a great way for me to connect with other people who are also living with chronic pain, and I looked forward to seeing everyone each week and hearing about their action plans.

-CHRONIC PAIN CLASS PARTICIPANT

Text Us!

603-895-1514

Text 'WWE' to get the link to register for Walk with Ease. Walk With Ease reduces arthritis pain while increasing balance, strength and walking pace.

Text 'CDSMP' to get our class schedule for Chronic Disease Self-Management. This program gives you the tools to manage symptoms, exercise, lifestyle and more.



Text us to learn more!



Check back in March for the next edition of the AHEC Exchange