



Hawai'i's Rural Health News

Volume III Issue I

Spring 2015

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HSRHA ANNUAL CONFERENCE UPDATE

The Hawaii State Rural Health Association held its annual Conference on Thursday, October 23, 2014 at the Sheraton Kauai Resort. The theme of the Conference was "Telehealth Solutions for Rural Hawaii." Attendees for the conference came from communities all across Hawai'i. Leading the first Plenary Session in collaboration with the Hawai'i Medicare Rural Hospital Flexibility Program was Brock Slabach, Senior Vice President of Membership Services for the National Association for Rural Health. Slabach provided a dynamic and informational update on the challenges facing rural healthcare providers nationally.

Slabach emphasized the importance of all rural health care providers and advocates joining together with one united voice on critical issues such as expanding healthcare exchanges, growing our public health communities, expanding CMS codes for using telehealth, and supporting important federal legislation to build a bridge for the future. Slabach emphasized that this year's message



from the National Rural Health Association to federal legislators would be to 'stop the bleeding' of rural healthcare providers by halting proposed cuts to struggling rural hospitals.

Among the other many highlights of the day was a video conference hosted by Sanjeev Arona, Director of Project Echo and the University of New Mexico Health Sciences Center. Project ECHO is a low-cost, high impact intervention that links specialty teams with primary care clinicians at the teleECHO clinics. This unique innovation in care management has proved to dramatically improve both capacity and access to specialty care services for rural and underserved populations. Arona presented his program to the group via a small webcam projected onto a large screen. The presentation itself demonstrated the power of distance communications, and collaboration within the confines of a HIPAA compliant telehealth solutions.

For more information about the 2014 conference, or for information on the Hawaii State Rural Health Conference being planned for 2015, visit the HSRHA website at www.hawaiistateruralhealth.org.

HSRHA 2015 LEGISLATIVE COMMITTEE UPDATE

The Hawaii State Rural Health Association regularly supports legislation that is designed to strengthen healthcare in rural areas of Hawaii. Legislation that we are supporting this year includes Hawaii State Loan Repayment Program to encourage providers to work in the areas of greatest need in Hawaii by paying of their educational debts (Senate Bill or SB 113); Hilo Family Medicine Residency Program to train four family medicine residents a year in an interprofessional atmosphere that includes pharmacist, nursing and social work students (SB406 and HB847); supporting

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RURAL COMMUNITY PROFILE: Ko'olauloa, O'ahu

Ko'olauloa is home to 21,406 residents[1] located along 35 miles of the north/northeastern shoreline of main island of Oahu, in three census tracts (101.00, 102.01 and 102.02) and seven Census Designated Places (CDP) of Ka'a'awa, Punalu'u, Hau'ula, Laie, Kahuku, Kawela Bay and Pupukea. Although O'ahu is the most populated in the state, the communities of Ko'olauloa are situated far outside of urban Honolulu in the rural and remote part of the island. The coastal neighborhoods that comprise Ko'olauloa are accessed by a narrow, winding two-lane road that in some areas is only yards from the ocean's edge. It is closed frequently for repairs, car accidents, and high waves washing over the road.

Ko'olauloa was designated a Medically Underserved Area (MUA) by the Health Resources and Services Administration in April 2003, and has some of the highest Health Personnel Shortage Area (HPSA) scores in the state for Primary Care, Dental Care and Mental Health. There are few health care options in the area, and until 2011 KCHWC began providing dental services, there was only one part-time dentist located at the border of the service area. Many residents must travel outside of Koolauloa for employment and specialized healthcare, taking an average of 1 hour by car and up to 2 hours by city bus, one way. The recent recession together with the increasing cost of gas has made transportation out of the area even harder to access healthcare for low and middle income residents.

Within the local public schools, although the census has remained relatively stable, the students that are eligible for free or reduced cost lunches has steadily increased from 48% only two years ago to almost 54% or 1,873 students, in the 2011 school year (32% statewide), an indication of the effects of the economic recession in the area.

Many residents fall within a gap for healthcare: their income is over the threshold for Medicaid/QUEST (133% of the FPL as of July 1, 2012), but they cannot afford private insurance which can cost in excess of \$350 per month for an individual or \$650 for a small family. Many residents that do have health insurance are "underinsured" with health plans that do not cover all necessary services, or require co-payments or pharmaceutical drugs costs that they cannot afford. The lack of insurance and inadequate insurance has resulted in low medical utilization rates in Ko'olauloa: from 29% (northern end of service area) to 24% (eastern end of service area) of residents have not received a check-up or seen a doctor for two years or more, compared to 21% of residents statewide.

Community strengths: The community is very tight knit and supportive of its members! There is a closeness here that is hard to find elsewhere, When I think of our community I think of the saying "It takes a village to raise a child" That is how tight this community is. We look out for each other and we take care of each others children as we understand each others burdens and even if we don't when someone is need of help we assist. Although there is prevalence of Substance Abuse in our community there is empathy for those dealing with it as they are still family and good friends.

We are not a perfect community but as much as we can we work and play in our community as long as our jobs can provide for our families. We make it work! Resources are limited so it is a sacrifice to drive out to town, but most residents feel that returning home to Ko'olauloa is relief from all the hustle and bustle of city life. We take pride in our children, kupuna and families and we are a very religious community of different faiths which also contribute to our unity. --Oreta Tupola, HSRHA Board Member

HSRHA LEGISLATIVE UPDATE, CONTINUED...

standardizing the requirements for nursing continuing education (SB735); and expanding support for adult dental insurance (SB 908,310 HB863,1161) and healthcare for the uninsured (SB1204 and HB577). If you want to voice support for these or other measures, it's really easy. It takes about a minute to submit testimony that our state legislators have to read when considering how to rule on a bill. Give it a try!

If you haven't registered before, go to <http://www.capitol.hawaii.gov/home.aspx> and click on the "Register" link on the top right corner. You fill in your name, email (twice) and select a password and check the "certify" button. If you want to get information emailed to you on a certain bill, or meeting notices of a certain committee (such as Health), there are boxes at the bottom of the page to enter that. A few minutes after you submit, you will receive an email notifying you of your registration, and you are official!

If you are registered with Hawaii State Legislature just go to: <http://www.capitol.hawaii.gov/home.aspx> Click on the orange "Submit Testimony" button. Put the bill number in the top box on the left ("Bill Status/Measure Status"). Then click on the blue "Submit Testimony" button. If you are registered, it will have your info, so you just answer the questions there and click on "Choose File" button. Attached the support that I've attached to this email or whatever you want to say. Click blue "Next" button, read and agree to the "I understand and agree to the terms above", and press the blue "Submit Testimony" button. And that's it. I just did it and it takes 1 minute. A little advice: use a personal email for your testimony rather than work email.

—Kelley Withy, Legislative Committee Chair

NEWS FROM AFFILIATE MEMBERS

Lanai Community Health Center Welcomes Jared Medeiros as Nurse Practitioner



Lanai Community Health Center (LCHC) welcomes **Jared Medeiros, APRN**, as its second full-time, APRN medical provider. Jared was born and raised on Oahu and obtained his undergraduate degree in history and Hawaiian studies at BYU-Hawaii in Laie. He completed his nursing degree at UH-Manoa in the Master's Entry Program into Nursing and the Master's

Program at UH-Manoa in the Family Nurse Practitioner Program. Jared completed clinical rotations at Lanai Community Health Center, Waimanalo Health Center, Schofield Barracks Acute Care Clinic, Haleiwa Family Health Center and Wahiawa Medical Arts Clinic.

"We welcome Jared back to Lanai," said LCHC Medical Director Dr. Joseph Humphry. "Some people in the community had the opportunity to meet Jared during the summer while he was a student rotating thru our Health

Center. We are thrilled to have him back as a provider and member of the Lanai community."

Jared will work closely with the existing LCHC team of medical providers and healthcare professionals including Joseph Humphry, MD, Jessica Ackerman, APRN, Aileen Duran APRN-Rx, Anne Leake, PhD, APRN-Rx, Serenity Chambers, PhD, Cori Takesue, PsyD, John J. Cogan, MD, Lee Guertler, MD, Ted Anderson, DPT, Jessica Smith, Chelsea Tadena, Geneva Castro and Anabelle Elaydo.

Prior to joining LCHC, Jared worked at Wahiawa General Hospital in the operating room as a surgical assistant.

Jared will reside on Lanai full time with his wife Kendra.

When he is not caring for patients, Jared enjoys hiking, surfing, body surfing, beach, fishing and carpentry.

LCHC is looking forward to serving you! Whether it is

for a routine physical, chronic disease management or behavioral health help. Call 565-6919 x121 for an

appointment or visit

www.lanaicommunityhealthcenter.org for more info.

One More Test to GO! News from Ka'u Rural Health Community Association, Inc.

The 1st iCAN Cohort graduated 7 out of 10 students who vied for the National Career Readiness Certificate. In their place, a 2nd cohort takes on their own personal challenges to achieve an N.C.R.C. award, go to college or get help with a job placement.

Jamie Pasion, the first student for iCAN's 2nd cohort has finished two out-of-three exams and anxiously awaits the third. She joined this program to brush up on her reading, locating and math skills. However, Jamie realized the benefits of attending the Individualized Career Achievement Network program at Ka'u Rural Health Community Association, Inc. far exceeded her expectations.

"Being a member of KRHCAI has benefitted me and my family. They work hard to help the people in our communities and I admire how much they care for our health, education and economic stability. They provide lots of resources and opportunities. Initially, I joined the Ka'u Rural Health Academy to renew my CPR, AED and First Aide certificate. Conversely, the programs they offered piqued my interest and I enrolled into the iCAN program and Gale Education Courses (a free online course offered through the Hawaii State Library System). KRHCAI staff has helped

me further my education and assisted me in obtaining a casual position at the Boys and Girls Club of Pahala which lead to a full-time retail associate position at Volcano House. Though, I am currently employed, my ultimate goal remains the same. I want to pass the compass test and enroll into college to further my career ambitions."

Like her predecessors, Jamie sets the bar high! She hopes to attain her NCRC award this year.



**HSRHA's Vision: Healthy
Rural Communities**

**HSRHA's Mission: Working
Together to Promote
Healthy Rural Communities**

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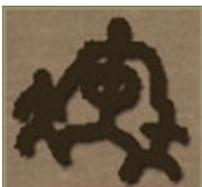
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SAVE THE DATE! UPCOMING HAWAII CONFERENCES

**Ka'u Rural Health Community Association, Inc. Invites the Community to the
18th Annual Ka'u Rural Health Conference - Rural Health at Work in Our
Communities: Focusing on Health, Education, Resource Opportunities &
Economic Sustainability**

DATE: Friday – March 27, 2015

TIME: 8:30 am – 2:00pm

PLACE: Pahala Community Center

**WHO SHOULD ATTEND? Anyone interested in Health Resource Information,
Job Opportunities, Workforce Development, Employment & Training, Distance
Learning, Enrollment and Admissions to the University of Hawaii Hilo, Hawaii
Community College, Allied Health & Practical Nursing Program and the Office of
Continuing Education & Training**

FREE for Members & Non Members Limited seats available.

Registration is REQUIRED

Registration Deadline: Monday - March 16, 2015

**To register and for more information contact: Ka'u Rural Health Academy 928-
0101 Or visit www.krhcai.com**

Announcements

Visiting job seekers and health care students

Request airport pickups for visiting students, job seekers and interns on
neighbor island rural communities through the Ho'okipa Initiative, or
volunteer to serve as a host at www.ahcc.hawaii.edu .

Speaker's Bureau on Rural Health

Please contact Napua Spock with speaker's bureau requests and to
volunteer to serve as a speaker on rural health issues.
Email hawaiiistateruralhealth@yahoo.com

FYI...Scholarships now available for NRHA's spring events

NRHA has scholarship funds available for students and community members
with critical need for financial support to register for and attend a conference.
Scholarships will be awarded to those who meet the eligibility criteria and
would otherwise be unable to attend these events. Scholarships help offset
the cost of the conference. registration fee, hotel accommodations and travel
expenses

[38th Annual Rural Health Conference](#)

[Rural Multiracial and Multicultural Health Conference](#)

[Rural Medical Education Conference](#)

Rural Health News Articles Needed! Please contact Napua Spock at
hawaiiistateruralhealth@yahoo.com to submit...

Schedule of Events

February 3-5, 2015
25th Rural Health Policy
Institute
Washington, DC

April 14, 2015
20th Rural Multiracial
and Multicultural Health
Conference
Philadelphia, PA

For details on NRHA
events::
ruralhealthweb.org