



# East Indiana Area Health Education Center

Quarterly E-Newsletter

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## Health Careers Pipeline Summer Program Wrap-Up

Jenny Koors - Program Coordinator

This past summer was full of activities geared towards college and health career readiness for area students. To kick off the summer we launched a mental health careers awareness program in partnership with Community Mental Health Center, Inc. Students had the opportunity to meet with and ask questions of Mental Health professionals, learn about careers in this field, tour multiple mental health treatment settings, and participate in various hands-on activities. With such positive feedback, we hope to bring this event back in the summer of 2019.

Next, EI-AHEC worked with Hanover College to help organize the Health Science Summer Academy, a week-long intensive residential health careers camp on the Hanover campus. Students had the chance to work with college science professors on lab activities and explore a variety of health care occupations through workshops with local health professionals. EI-AHEC sponsors a limited number of attendees each year.

Last in our lineup of summer programming, we co-hosted the Medical Scholars Academy in partnership with Margaret Mary Health. The attendees were able to experience one on one job shadowing, hear from health care professionals, learn about career pathways, and be involved in numerous hands-on health care activities like suturing and checking vitals signs. In addition, we took a field trip to two local colleges, IUPUC and Franklin College. We learned about healthcare pathways and program requirements at each school.

## Who We Are

East Indiana Area Health Education Center (AHEC) serves 14 eastern and southeastern Indiana Counties. We are part of the Indiana AHEC Network based in the Dept. of Family Medicine at the IU School of Medicine.

We've been active in the region since 2010, and some readers might know us from work in partnership with your school, community organization, or clinical facility. That said, we know that we haven't always done a great job of letting communities know what services we offer, so we are excited to launch a quarterly e-newsletter to share some of the exciting projects we have underway and highlight some of the impressive students and amazing health professionals we get to work with every day.

We work with local high school students to make them aware of health career opportunities and make sure they know what college programs can get them there. We work with health professions college programs to help students learn in community settings about topics that relevant to providing care in our region. We work with healthcare organizations in the region to help provide training and staff development that is high quality and related to local needs.

We connect students to careers, professionals to communities, and communities to better health. If you are interested in learning more, please visit us on the web at [www.eiahec.org](http://www.eiahec.org) or get in touch with me at [jeff.hartz@eiahec.org](mailto:jeff.hartz@eiahec.org).

- Jeff Hartz - Center Director, East Indiana AHEC

# AHEC Scholars Community Healthcare Fellowship

Becky Niese - Clinical Education Coordinator

The first ever East Indiana AHEC cohort of AHEC Scholars Community Healthcare Fellows has kicked off! We have a group of 18 motivated and committed healthcare students who are excited to build skills and enhance their knowledge around providing health services to people from disadvantaged backgrounds and smaller communities. Our cohort consists of both BSN and ASN nursing students, along with a student from each of the following programs: Dentistry, Dietitian, Mental Health Counseling, Radiological Technician, and Respiratory Therapy. We have completed the orientation to the program and the Scholars have started their first in-person field experience with a community health survey and engagement activities. We are going to be doing some exciting things in our region and maybe in your backyard so be on the lookout for us!



## Resources for Health Professions Students

Undergraduate students - did you know that Cincinnati Children's Hospital offers a Summer Undergraduate Research Fellowship? Learn more about the SURF program here:

[www.cincinnatichildrens.org/education/research/surf](http://www.cincinnatichildrens.org/education/research/surf)

Health professions students - have you explored the National Health Service Corps and Nurse Corps as options for scholarships or loan repayment in return for service in Health Professions Shortages Areas. Learn more at :

<https://bhw.hrsa.gov/loansscholarships/nhsc>

and

<https://bhw.hrsa.gov/loansscholarships/nursecorps/aboutnursecorps>.

# Southeast Indiana Simulation Consortium News

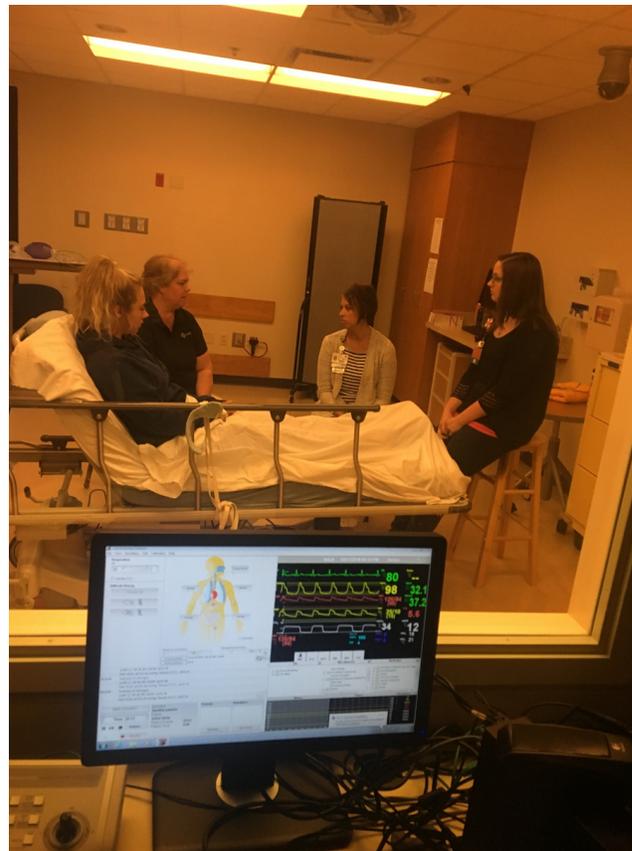
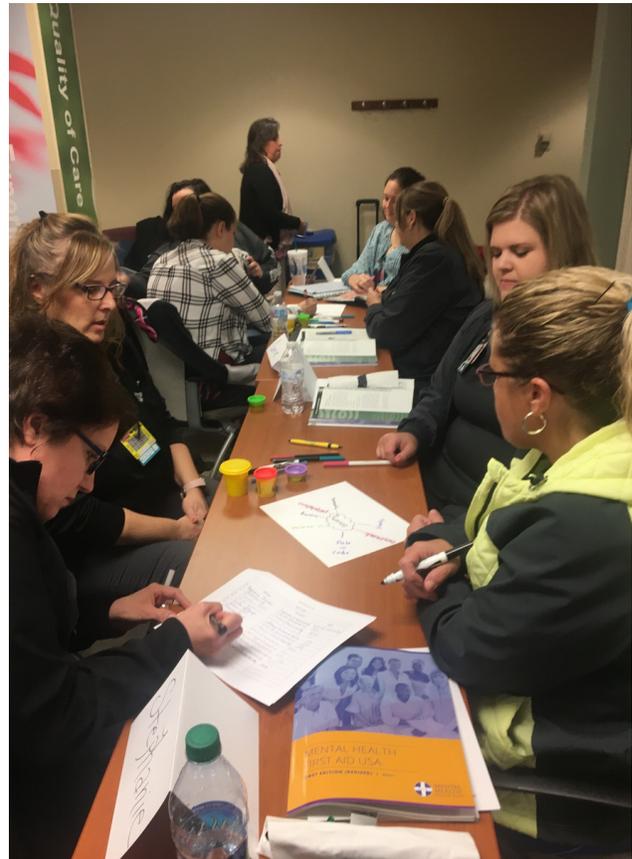
## “Breaking the Barriers in Behavioral Health”- Utilizing Standardized Patient Simulations to Reinforce New Knowledge

Under the leadership of staff educator Kim Mau, Schneck Medical Center participated in a continuing educational opportunity for health care staff to receive the Mental Health First Aid Certification through Centerstone’s certified instructors with support from EI-AHEC on April 17, 2018. The course, entitled “Breaking the Barriers in Behavioral Health” incorporated the didactic portion of the certification course presented by Centerstone’s staff, and standardized patient simulations which allowed participants to apply the new knowledge gained during the course. Mental Health First Aid is an international program proven to be effective. Peer-reviewed studies show that individuals trained in the program:

- Grow their knowledge of signs, symptoms and risk factors of mental illnesses and addictions.
- Can identify multiple types of professional and self-help resources for individuals with a mental illness or addiction.
- Increase their confidence in and likelihood to help an individual in distress.
- Show increased mental wellness themselves.

Studies also show that the program reduces the social distance created by negative attitudes and perceptions of individuals with mental illnesses.

During the standardized patient scenarios, staff first interacted with a suicidal adult woman seeking help through the emergency department. The second patient was a depressed teenager also seeking help brought in by her mother. During the course of the scenario, the standardized patients provided new information which allowed the staff to apply not only communication and assessment skills, but recognize altered mental status, note potential drug abuse, and assess family dynamics. Both standardized patient scenario interviews were recorded then reviewed by the entire class for debriefing and discussion. The overwhelming response was that the class was beneficial. Evaluations also showed that application immediately after the course in the simulation lab with the standardized patients helped the nursing staff to apply the information and better understand areas that would apply to their particular units and patient populations. In the 8 hour course, 32 staff members participated and completed the certification.



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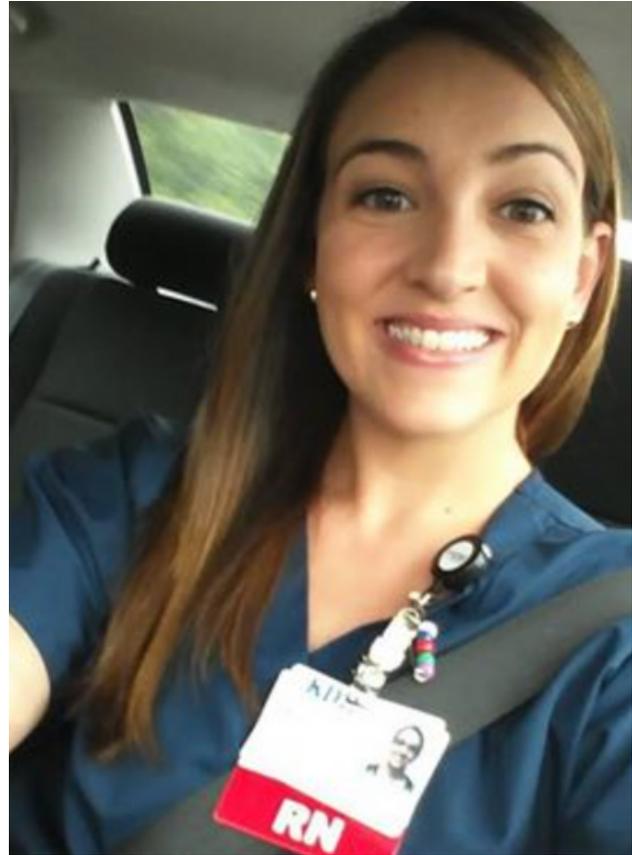
# East Indiana AHEC Spotlight

Ashley Bovard, RN, BSN

Ashley has been chosen for the EI-AHEC Spotlight for leading the way as a nursing preceptor. She is an ICU Staff RN at King's Daughters' Health in Madison. In July of 2018 she completed the Nursing Preceptor Specialty Practice Certification which focused on gaining insight and practical knowledge on getting the most out of your preceptoring experience and improving preceptor effectiveness.

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Ashley says “I became a nurse because my grandmother became very ill and was diagnosed with liver cancer when I was in high school. I wanted to know more about her disease and wanted to help her and others like her. I graduated from Ivy Tech (Madison) in 2013 with my ASN. Started working at KDH in August of 2013 where I met my first preceptor Jamie Smith. She had a big impact on me as a nurse and a person. While working I went back for my BSN and graduated from IUPUC in 2016. I have had some great mentors along the way who have inspired me to give back as well. I’ve worked Med/Peds, Med/Surg tele and now ICU. I’ve been a preceptor for newly hired RNs, Ivy tech students and IUPUC students. It has been very rewarding to give back to the schools who taught me and to see these students learn and shine!”



## Help Wanted

Do you need an extra set of hands running a simulation or know someone who may? Becky Niese, EI-AHEC Clinical Education Coordinator recently attended the Simulation Immersion Mastery (SIM) Institute at IUPUI and would like to put her newly acquired knowledge to use. Please complete this request form to schedule time when Becky can come to your lab, classroom, or clinical site to assist you in running simulations:

<https://goo.gl/forms/ZfjBsXVUdl4oHXA53>