



THE

Mukluk Telegraph

THE OFFICIAL QUARTERLY NEWSPAPER FOR THE CUSTOMER-OWNERS OF THE ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

OCTOBER - DECEMBER 2014

HIGHLIGHTS IN THIS ISSUE

PAGE 3: ANMC Patient Housing comes to life



PAGE 4: Access to health care, clean water expands in rural Alaska



PAGE 5: Dental students on the road to providing care for their people

Behavioral
Health Aide
Manual

Child and Adolescent Edition

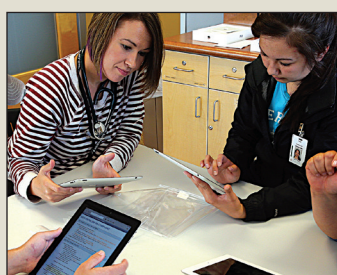
PAGE 6: New Behavioral Health Aide Manual arrives



PAGE 8: Special services for our Alaska Native youth



PAGE 13: Quality, safety a focus for ANMC Biomedical Engineering team



PAGE 14: iCHAM app informs providers in Alaska, around the world

Climate change meets traditional lifestyles

ANTHC, partners lead groundbreaking study of climate warming's impact on food and water sources in rural Alaska

BY JOSH NIVA

The Alaska Native Tribal Health Consortium's (ANTHC) work studying climate change and how it is affecting life in rural Alaska recently reached another unique breakthrough: partnering with subsistence hunters and harvesters in Western Alaska to learn if diseases and contaminants associated with climate warming are posing threats to the region's food and water security and community sustainability.

The project is in partnership with the Norton Sound Health Corporation, Kawerak Inc., the Native Village of Kotzebue and the University of Alaska Fairbanks Wildlife Toxicology Laboratory. The project will develop a pilot food and water monitoring program with several Northwest Alaska communities. The work is funded by a grant from the United States Environmental Protection Agency (EPA) for "Assessment, Monitoring and Adaption to Food and Water



PHOTO BY MICHAEL BRUBAKER / ANTHC

Hunters harvest a ugruk (bearded seal) near Kotzebue.

Security Threats to the Sustainability of Arctic Remote Alaska Native Villages." This \$887,000 grant supports the project over three years.

Part of this first-of-its-kind project is led by ANTHC's Dr. James Berner

and Michael Brubaker, who will train hunters in the Bering Strait to use kits to collect blood samples from their subsistence harvests using strips of special filter paper and send

SEE INNOVATIVE RESEARCH, PAGE 2 ►

ANMC hospital reverified as Alaska's highest level trauma center

BY DARBI DALEY

The Alaska Native Medical Center was recently reverified as a Level II Trauma Center by the Verification Review Committee (VRC), an ad hoc committee of the Committee on Trauma (COT) of the American College of Surgeons (ACS). ANMC has been Alaska's only Level II Trauma Center since 1999, providing the highest level of trauma care in the state. This achievement recognizes ANMC's dedication to providing optimal care for injured patients.

"This reverification as Alaska's only Level II Trauma Center reaffirms the Alaska Native Medical Center as the best place in Alaska for seriously injured

SEE ALASKA'S BEST TRAUMA CARE, PAGE 2 ►



PHOTO BY BRIAN ADAMS

ANMC's new state-of-the-art hybrid operating room is just one of the reasons that Alaskans receive the best trauma care at ANMC, and a key factor in ANMC recently receiving reverification as Alaska's only Level II Trauma Center.

INNOVATIVE RESEARCH, FROM PAGE 1 ▶

them to a laboratory for testing. The kits are easy to carry and use, and the testing will look for toxins, human-made contaminants, metal agents like mercury, and more. The project will also examine water sources and shellfish for toxins.

According to Dr. Berner, this is a voluntary program that Tribal councils can elect to participate in. Participants will receive training and tools that will help them monitor local food and water for contaminants and pathogens. Dr. Berner noted, “A hunter’s own traditional knowledge and observation skills are the best way to tell an animal is safe to eat. These tests, however, can help us understand the type of exposures that subsistence animals are experiencing, which can be important health

considerations for wildlife and people.”

The research will provide risk data that, the grant stated, will enable “ANTHC and Tribal councils to develop adaption strategies to reduce exposure to pathogens, contaminants and toxins in subsistence foods and village water supplies.”

“We need to know whether contaminants are affecting the health of subsistence resources, which Alaska Native people have a high dependence on economically and culturally,” explained Dr. Berner. “This funding will enable us to go to communities and help them establish their own priorities for environmental monitoring. It’s all about keeping traditional water and food resources as healthy as they can be.”

Learn more about ANTHC’s Climate and Health work at anthc.org/chs/ces/climate.



PHOTO BY MICHAEL BRUBAKER / ANTHC

Field kit supplies include the test strips, gloves and envelopes for packaging.

ALASKA’S BEST TRAUMA CARE, FROM PAGE 1 ▶

patients to receive care,” said Dr. Frank Sacco, ANMC Chief of Surgery.

Because ANMC provides the best trauma care and services in Alaska, the hospital serves as the referral center for all Anchorage hospitals and for every Tribal health facility in the state. ANMC offers a wide range of trauma care services. It admits between 750-800 trauma patients per year, and approximately 8,000-9,000 trauma patients are treated and discharged

in the Emergency Department each year. The reviewers also noted the importance of the expanded trauma services offered by ANMC’s new state-of-the-art hybrid operating room.

“The American College of Surgeons reviewers were very impressed with the hybrid operating room and the ability of ANMC to complete such a complex project in a very short time period,” added Dr. Sacco. “The reviewers once again complimented the quality of trauma care being delivered at ANMC.”

Achieving verification means ANMC has voluntarily met criteria that improve the standard of care as outlined by the ACS COT’s (facs.org/quality-programs/trauma) current Resources for Optimal Care of the Injured Patient manual. Established by ACS in 1987, the COT’s Consultation/Verification Program for Hospitals promotes the development of trauma centers in which participants provide not only the hospital resources necessary for trauma care, but also the entire spectrum of care to address the needs of all injured patients.

The Alaska Native Tribal Health Consortium and Southcentral Foundation jointly own and manage ANMC under the terms of Public Law 105-83. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the Medical Center.

Learn more about ANMC’s trauma care and services at anmc.org/services/emergency-trauma.

THE MUKLUK TELEGRAPH

The Mukluk Telegraph is the official newspaper of the Alaska Native Tribal Health Consortium.

The paper is published quarterly and distributed at no charge to customer-owners, employees and partners of ANTHC statewide.

How are we doing?

Have a suggestion or a compliment for the Mukluk Telegraph?

We would love to hear from you. E-mail the ANTHC Marketing Department at marketing@anthc.org.

SUBSCRIPTIONS

Want to receive the Mukluk Telegraph in the mail? Write to marketing@anthc.org and we’ll add you to our mailing list.

The Mukluk Telegraph is available online at anthc.org/news.

STAFF

Josh Niva — Editor, Communications Manager

Fiona Brosnan — ANTHC Marketing Director

Lindsay Rexford — Marketing Manager

Todd Henry — Multimedia Production Artist

Selma Oskolkoff-Simon — Marketing Coordinator

Darbi Daley — ANMC Hospital Marketing Specialist

Karla Brollier — Communications Specialist

CONTACT US

Alaska Native Tribal Health Consortium

Attention: Mukluk Telegraph

4000 Ambassador Drive, Anchorage, Alaska 99508

Phone: 1-907-729-1899

E-mail: marketing@anthc.org

Web: anthc.org/news

MISSION

Providing the highest quality health services in partnership with our people and the Alaska Tribal Health System

VISION

Alaska Native people are the healthiest people in the world

VALUES

- Achieving excellence
- Native self-determination
- Treat with respect and integrity
- Health and wellness
- Compassion

MAGNET® AT ANMC: EXCELLENCE IN CARE AND LEADERSHIP

Only the best: for you from us.

ANMC’S NURSES provide the highest quality care in Alaska, everyday.

Access to care improves with ANMC construction

More than half of the Alaska Native Medical Center hospital's patients travel to Anchorage for care and services, and providing suitable housing for our guests can be a struggle at times. In fact, ANMC's Quyana Care Coordination team has faced that challenge this summer, as a busy tourism season and high patient census has made lodging and hotel rooms scarce in the Anchorage area. That is why staff and leadership from across the Consortium and many partners continue to keep a sharp focus on bringing the ANMC Patient Housing project to life.

Additional housing at ANMC will improve access to care, expand services for patients and families, and enhance the continuity of care for patients. This is particularly critical for expectant mothers with high-risk pregnancies; cancer patients requiring infusion and radiation therapy; patients needing outpatient specialty medical care; and children and Elders. The ANMC Patient Housing facility will provide appropriate travel lodging and support while patients receive care and recover. This 170-room facility, which will include a 30-room pre-maternal home, will be connected to the ANMC hospital via sky-bridge. The project is currently near the end of the design phase, has a tentative groundbreaking date of May 2015, and has an estimated completion date of spring or early summer 2016.

In late August, the State of Alaska successfully sold Certificates of Participation, much like bonds, to individual investors so it can provide \$35 million in funding to ANTHC to build the ANMC Patient Housing facility on the Alaska Native Health Campus. ANTHC leadership partnered with the State of Alaska Department of Revenue, Wells Fargo, J.P. Morgan and Acacia Financial Group to complete these transactions. With funding in place, construction work for the housing facility is anticipated to go out to bid in October.

A current housing project emphasis will ensure that there is a home-away-from-home feeling for visitors. ANTHC staff leading the project are collaborating on statewide promotion of the facility, its features and future availability.



Construction workers recently put the finishing touches on the third floor of the new Alaska Native Medical Center hospital's parking garage.

They are also partnering with the Alaska Botanical Garden, ANTHC's Store Outside Your Door program, and kpb Architects to design the facility's outdoor courtyard.

An important complementary piece to the ANMC Patient Housing facility is the new multi-floor

ANMC hospital parking structure.

Construction teams continue making great headway on this project, having recently completed the third level and moving on to the fourth floor.

The project is on schedule with a summer 2015 completion date.

Learn more about the ANMC Patient Housing project at anmc.org/new-anmc-patient-housing.

Opening Doors to Better Health



SAVE THE DATE:
17TH ANTHC ANNUAL MEETING
 9:30 a.m. Monday, December 1
 Dena'ina Center Kahtnu Rooms 1 & 2, Anchorage, AK

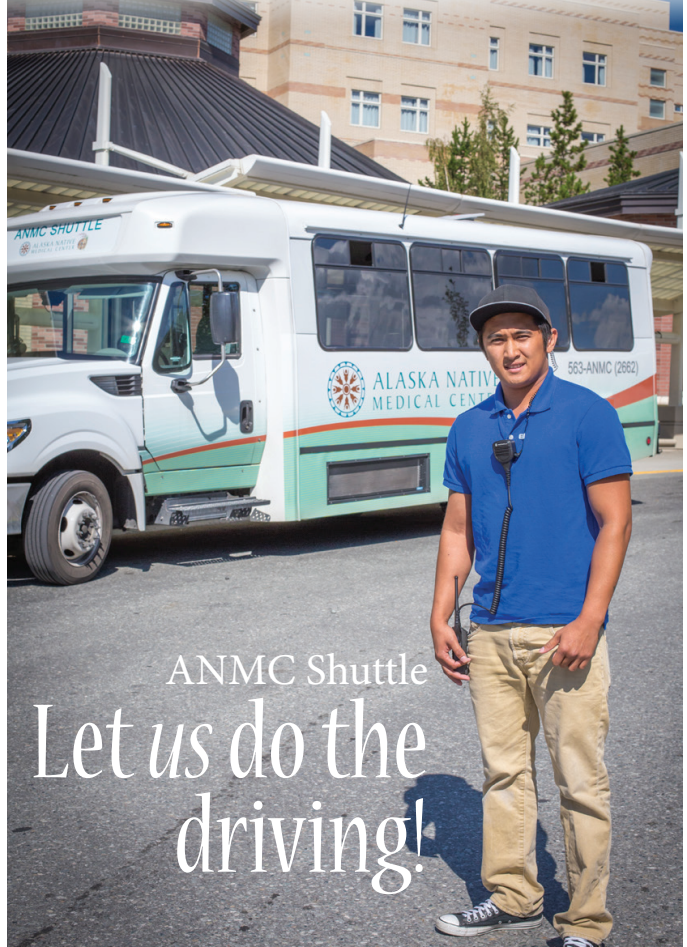
Every day, ANTHC staff provide life-changing health services and improve access to care for Alaska Native people around our state. Please join ANTHC's Board of Directors and leadership team to learn more about our work at the 17th ANTHC Annual Meeting.

Call (907) 729-1915 for more information or look for updates in your mail and at www.anthc.org



ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

ANTHC.ORG



ANMC Shuttle
Let us do the driving!

A fleet of ANMC Shuttles are available to help patients and families get to and from ANMC and a handful of other important Anchorage destinations, including the Ted Stevens International Airport. We are also adding two larger, wheelchair accessible buses for our customer-owners.

Let us drive! Find our ANMC Shuttle schedule and information about traveling to ANMC at www.anmc.org/travel. For more information, call us toll free at (855) 482-4382 or in Anchorage at **563-ANMC (2662)**.

Environmental Health Around Alaska

Summer construction season continues around rural Alaska

As summer transitions into fall around Alaska, ANTHC's Engineering Services and Construction staff along with local crews continue 21 construction projects along with several smaller tasks. The ongoing work is innovative, complex, and all centered on building water and sanitation facilities, health clinics and energy resources that improve community infrastructure and provide access to better health and services for Alaska Native people in rural Alaska.

ANTHC staff and community partners have active construction work ongoing at new water treatment facilities in Stebbins, Golovin and Toksook Bay, and are engaged in renovation work at water treatment facilities in Klawock, Atmatluak and Koyukuk. Teams recently completed and commissioned the new water treatment facility and washeteria in Old Kasigluk. Crews are also installing 72 low-pressure sewer systems for individual homes in Kwethluk, which include complete home bathroom upgrades. And work on one of ANTHC's biggest construction projects continues in Ouzinkie, where water source renovation improvements include construction of a concrete-faced, rock-fill replacement dam that is the community's main source of water and electricity. ANTHC staff also recently completed work on a new two-story health clinic in Tyonek while another new clinic is currently under construction in Venetie.

ANTHC staff continues contributing to respond to requests from the State of Alaska and the Federal Emergency Management Agency in flood recovery efforts in Galena and Kotlik. The work includes repairing and replacing damaged water and sewer infrastructure, removing debris and reconnecting homes and buildings to services in both communities.



A new water storage tank and a water treatment plant are being built in Golovin.

PHOTO BY ANTHC

ANTHC construction projects have created more than 220 seasonal construction jobs in 25 communities this year, and paid more than \$2.5 million to those workers, which boosts local economies. ANTHC also provides training and other development opportunities for local workers.

Tyonek celebrates opening of Indian Creek Health Clinic, improved access to care

The new Indian Creek Health Clinic in Tyonek opened this summer. The clinic will improve access to care to the community's 170-plus residents, as well as many in the surrounding areas. At the grand opening, the building was dedicated to the memory of several traditional healers and in respect to the community's Tribal Elders.

ANTHC oversaw the design and construction of the new clinic, which is a two-story structure of about 5,300 square feet. The new clinic

houses a trauma room, pharmacy, dental room, behavioral health room, and quarters for visiting health care providers. Southcentral Foundation is the Tribal health organization sponsoring the clinic and will work with the community to administer health care services. Clinical space is located in the building's upper level while administrative offices and a large community room, which will be used for conferences and classes, are located on the lower level. The clinic is a major upgrade to the former clinic, an aging facility that was just 1,135 square feet in size.

The design and construction costs for the facility were approximately \$3.1 million, with contributions coming from the Denali Commission, Southcentral Foundation, Rasmuson Foundation, Alaska Mental Health Trust Authority, and Indian Health Service.

ANTHC partners with IHS, EPA to secure funding for 53 new rural sanitation projects

Each year, ANTHC's Environmental Health and Engineering staff collaborates with Indian Health Service (IHS) and U.S. Environmental Protection Agency (EPA) representatives to secure and allocate funding for many projects that benefit rural Alaskans. On this year's project submission deadline, August 1, ANTHC staff executed more than 53 project agreements with the IHS and the EPA to provide a variety of sanitation services in rural Alaska communities. More than \$27 million in IHS and EPA funding was secured to provide these sanitation improvements. The projects will include community-wide efforts and scattered sites home-related sanitation services.

SEE HEALTHY CONSTRUCTION, PAGE 5 ►

3RD ANNUAL
Golf Classic
TEERING OFF
FOR TRIBAL HEALTH

**THANK YOU TO OUR SPONSORS,
SUPPORTERS AND GOLFERS!**

ConnectMD

TelAlaska
Of Course You Can!

UKPEAGVIK
INUPIAT
CORPORATION

VALIC

PARKER | SMITH | FEEK

ConocoPhillips
Alaska's Oil & Gas Company

KLONDIKE
ADVERTISING

NORTHERN
PRINTING

AUTOMATED LAUNDRY
Systems & Supply

CTE
COMMUNITY TECHNICAL EDUCATION

RAFFETTO HERMAN
INDUSTRIAL CONNECTION

EM
Construction Machinery Industrial, LLC

CITIC

Great Originals
greatoriginals.com

Wisconsin National Cooperative

Afognak
Native Corporation

SKYHIGH
MARKETING

SERVICE
BUSINESS PRINTING

HEALTHY
Alaska Natives
FOUNDATION
Alaska Native Tribal Health Consortium

WWW.INSPIRINGGOODHEALTH.COM

Four new students join DHAT program, six begin second year of study

The newest class of Alaska Dental Health Aide Therapist (DHAT) students recently began their course of study with ANTHC's DHAT Educational Program in Anchorage. Four new students entered the first year of the program with a future graduation date of June 2016 while six DHAT students began their second year of study in Bethel with a projected graduation date of June 2015.

ANTHC's Dr. Mary Williard, longtime Director of the DHAT Educational Program, said, "Every year, when the new class arrives in Anchorage, I am reminded why I love working with this program so much. The students are amazing and courageous. They work hard so they can return home as a healthy, positive force in their communities. Our students and the practicing Alaska DHAT keep me focused on what I feel is the essence of being a health care provider – engaging in relationships which promote individual and community health."

The new class of 2016 students are Kara Ingram from Dillingham (sponsored by



PHOTO BY ANTHC
The newest class of Alaska Dental Health Aide Therapist students consists of, from left, Jaslyn Wren (Newhalen), Kara Ingram (Dillingham), Summer Lynch (Haines) and Ashley Sipary (Toksook Bay).

Yukon-Kuskokwim Health Corporation); Summer Lynch from Haines (SouthEast Alaska Regional Health Consortium); Ashley Sipary from Toksook Bay (Yukon-Kuskokwim Health Corporation); and Jaslyn Wren from Newhalen (Southcentral Foundation).

The class of 2015 students are Sharon Johnson from Togiak (Bristol Bay Area Health Corporation); Sabrina Manacio from Juneau (SouthEast Alaska Regional Health Consortium); Charles Redfox from Emmonak

(Yukon-Kuskokwim Health Corporation); Sadie Green from Hooper Bay (Yukon-Kuskokwim Health Corporation); Carrie Tikiun from Bethel (Yukon-Kuskokwim Health Corporation); and Amanda Miles from Kodiak (Kodiak Area Native Association).

DHAT students from around Alaska must successfully complete a two-year course of study – the first year in Anchorage, the second year in Bethel – followed by a preceptorship with a dental supervisor. After certification through the Community Health Aide Program Certification Board, they can begin practicing.

There are currently 25 certified DHATs providing dental care in Alaska, most working in their home regions. ANTHC hopes to see improved access to dental care and prevention services which will lead to improved oral health status of our people as a result of DHATs living and working in Alaska Native communities.

Learn more about ANTHC's work with the Alaska DHAT program at anthc.org/chs/chap/dhs or anthcoralhealth.org. Keep up with Alaska's DHATs on Facebook at [facebook.com/ANTHCsmile](https://www.facebook.com/ANTHCsmile).

HEALTHY CONSTRUCTION, FROM PAGE 4 ▶

"The projects funded range from water and sewer service lines to connect a home to the community sanitation infrastructure to providing a new groundwater source for an entire community," explained Kerry Wilson, Environmental Health and Engineering Program Services Manager. "This is certainly a team effort and I am amazed how each year we come together to make this happen."

Wilson added that each project carries its own timeline, but the design phase for many of the projects will begin this year with construction work commencing shortly afterward.

New map of active Environmental Health and Engineering projects keeps stakeholders updated

While the summer construction season is very busy for ANTHC's Environmental Health and Engineering division, our teams work year-round planning, building and improving water and sanitation facilities, health clinics and energy resources that help provide access to better health and services for our Alaska Native people. We

often receive questions about this unique work, and can now offer access to information about the projects thanks to a website created by Environmental Health and Engineering staff.

Kerry Wilson, Environmental Health and Engineering Program Services Manager, and Joshua Vo, an ANTHC summer intern from First Alaskans Institute, built the website which features a Google Map of active projects around the state. Interactive color-coded pins give an overview of the project, as well as contact information for

the project manager, community staff and even regional health corporations.

"People are very excited about this tool, and this is just a start," explained Wilson, "We want to take it a lot further by adding elements like project photos, CAD drawings and plans."

Giving communities, partners and staff information is critical since the project managers are often spread out across the state. This summer alone, ANTHC Construction staff along with community crews worked on more

than 20 construction projects. These construction projects have created more than 220 seasonal construction jobs in 25 communities, and paid more than \$2.5 million to those workers, which boosts local economies.

View the ANTHC Environmental Health and Engineering projects map at <http://anthctoday.org/dehe/map.html>.

Attend the sixth annual

ANMC Health Fair at AFN

Visit us on the second floor of the Dena'ina Center

Flu shot clinic, blood pressure checks, healthy eating tips, and more!

9 a.m.-6 p.m. Thursday, October 23

9 a.m.-5 p.m. Friday, October 24



This health fair is made possible by:

- Alaska Native Tribal Health Consortium
- Southcentral Foundation
- Centers for Disease Control and Prevention
- Alaska Department of Health and Social Services



PHOTO BY TODD HENRY / ANTHC

ANTHC's Behavioral Health Department and Behavioral Health Aide Program and partners from around Alaska collaborated on the first edition of the Behavioral Health Aide Manual, which will serve as an important resource to help elevate the care and services provided by Behavioral Health Aide/Practitioners and clinical providers within the Alaska Tribal Health System.

Community Health Around Alaska

Partners create new Behavioral Health Aide Manual

ANTHC's Behavioral Health Department and Behavioral Health Aide (BHA) Program and partners from around Alaska recently celebrated the release of the first edition of the Behavioral Health Aide Manual (BHAM) at an Anchorage reception. The BHAM was five years in the making and will serve as an important resource to help elevate the care and services provided by Behavioral Health Aide/Practitioners (BHA/Ps) and clinical providers within the Alaska Tribal Health System.

BHA/Ps are village-based behavioral health providers who offer a range of services and are entrusted with community responsibilities for behavioral health and wellness. BHA/Ps draw upon cultural strengths, values and traditions to improve individual, family and village life. They serve as local resources for people who are struggling with substance abuse and sobriety, mental health issues, family issues, suicide and more. To be effective, BHA/Ps and rural clinical providers must understand the unique histories, values, social and environmental changes, strengths, resources and stressors in their communities.

The BHAM provides BHA/Ps with the additional knowledge to provide culturally appropriate behavioral health services to Alaska Native people and ultimately improve behavioral health care services around rural Alaska. The first edition of the BHAM has an emphasis on working with children and adolescents. The success of this edition will fuel the development of further training options for BHA/Ps and

potentially an adults and Elders version of the BHAM.

"Behavioral Health Aides often don't have a lot of resources, so it is exciting to have something to pass on which will empower them and give them confidence when they meet with clients," explained Janie Ferguson, Special Projects Coordinator for ANTHC's BHA Program. "As we distribute the manuals around the state, we hope to put together trainings for BHAs to inform them how to use the manual and orient them to the significance of it."

Learn more about Alaska's Behavioral Health Aide Program at anthc.org/chs/behavioral/bha.cfm. Learn more about the BHAM by contacting ANTHC's Behavioral Health department at behavioralhealth@anthc.org or anthc.org/chs/behavioral/index.cfm.

National HIV Testing Day event, free at-home testing kits

To commemorate National HIV Testing Day on June 27, ANTHC's Early Intervention Services team set up a booth at the Alaska Native Medical Center hospital and offered free, rapid on-site HIV testing. ANTHC's event coincided

with National HIV Testing Day events across Anchorage and the state, including at many Alaska Tribal Health System organizations. ANTHC's Connie Jessen, HIV/STD Program Manager, said that there are many great champions for HIV/STD testing around Alaska.

ANTHC's Early Intervention Services has provided HIV/AIDS care and case management to Alaska Native and American

Indian people in Alaska since 2002. ANTHC's Medical Director of HIV/STD Program Services Beth Saltonstall, MD, said that an estimated 1.2 million people in the United States are HIV positive, but 18 percent are unaware of their status. When the disease is detected early, it can be more easily treated and prevented from being spread to others. That is why education and

testing are so important.

While National HIV Testing Day places a special spotlight on HIV/STD awareness, ANTHC's HIV/STD Program works year-round to reach Alaska Native demographics that are at high risk for contracting STDs and to fight Alaska's historically high STD rates. The program puts an extra focus on connecting with Alaska's young adults. Jessen noted that her team works directly with communities to ensure they have local support and their work is culturally appropriate before offering services to youth.

To combat the geographic and privacy challenges that residents in many rural communities face in accessing STD testing, ANTHC offers a free and easy-to-use at-home kit that tests for STDs like chlamydia and gonorrhea. Test samples are mailed in pre-addressed envelopes and the average turnaround time for results is about two weeks.

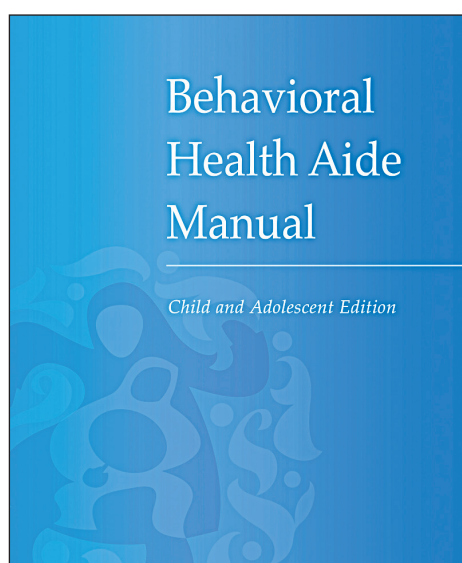
Request an at-home testing kit and learn more about HIV/AIDS education in Alaska by visiting ANTHC's HIV/STD Program's website iknowmine.org.

Information and testing on World Hepatitis Day

Each year, viral hepatitis kills 1.5 million people worldwide. ANTHC's Hepatitis Program works to provide education about hepatitis and awareness about testing to Alaskans across the state. On World Hepatitis Day, July 28, Hepatitis Program staff set up a booth at the ANMC hospital to inform visitors about hepatitis, particularly hepatitis C, and how to get tested. World Hepatitis Day is an awareness campaign led by the World Health Organization that focuses on reducing hepatitis C on a global scale.

"There are a lot of misunderstandings and misconceptions around hepatitis C," said Danielle Pratt, ANTHC's Community Health Services Research Associate. "We try to educate the public and create awareness around this highly dangerous disease since it often goes under the radar. The most significant thing we can do is raise awareness of the importance

SEE COMMUNITY HEALTH, PAGE 7 ►



Around the Alaska Native Medical Center

ENT, Audiology, and Ophthalmology clinics move to improve access and care

The Alaska Native Medical Center hospital constantly works on improving access and expanding services for our people. On September 22, ANMC's Ear, Nose and Throat (ENT), Audiology and Ophthalmology clinics relocated to a medical building located at 3801 University Lake Drive, a short distance down Elmore Road from the ANMC hospital. The space is known as the ANMC ENT, Audiology and Ophthalmology Clinic and is larger so more customer-owners can be seen. The clinic is open from 8 a.m.-4:30 p.m. Monday-Friday.

The area was remodeled into clinical space for our staff and Tribal members. Between the three clinics, there are 24 exam rooms and expanded waiting areas for patients and their families. There is also a relaxing Ophthalmology waiting room for patients so they can wait for their eyes to fully dilate before being examined by their provider. ANMC Shuttles can help patients travel between the new clinic and the ANMC hospital.

"Our customer-owners will receive the same high level of care as they do now," said Ray Struble, ANMC Director of Multi-Specialty Clinics. "The only difference they will notice is that they will be receiving care in a larger and newer clinic environment."

As our population grows and the need for services increases, these three clinics will be able to see more patients.

To learn more about the ANMC ENT, Audiology and Ophthalmology Clinic, please call **1-907-729-1400**.

Cardiology Clinic offers first in-person clinic in Fairbanks

Improving access to the best care for our people sometimes means developing unique solutions and bringing our talented staff and services to our people and our partners. The ANMC Cardiology Clinic team recently performed its first in-person clinic at the Chief Andrew Isaac Health Center in Fairbanks.

The addition of Dr. Joseph Park to the ANMC hospital Cardiology Clinic has allowed the group the flexibility to add an in-person clinic in Fairbanks to its list of traveling clinics. Dr. Park traveled north with Echocardiogram Technician Molly Brown and RN Melissa Papasodora (an Alaska Native employee from the Interior community of Northway) for the two-day clinic. During the clinic, the team saw patients and performed defibrillator and pacemaker evaluations.

"This is something that Tanana Chiefs Conference has been asking for and this additional staffing finally gave us the ability to add this clinic," said Dr. Matthew Schnellbaecher, ANMC Cardiology Service Chief. "Anytime we can provide care closer to home for the patient, we are happy to do so."

Based on the success of this recent visit, the plan is to conduct two three-day clinics annually in Fairbanks.

If you have any questions, please contact the ANMC hospital Cardiology Clinic at **1-907-729-4700** or visit anmc.org/services/cardiology.

Six RNs graduate from inaugural cohort of perinatal nursing program

Six ANMC RNs recently graduated from the first student cohort of the perinatal training program of the Alaska Subspecialty Nursing Consortium (AKSNC). The 14-week perinatal nursing course provided a combination of

classroom and clinical training for nurses interested in working in the perinatal specialty. A perinatal RN is a nurse who cares for women during pregnancy, birth and postpartum.

ANMC is one of several hospitals participating in the AKSNC. Fifteen students graduated the program, including four students from our Tribal health partner organizations – one nurse intern from SouthEast Alaska Regional Health Consortium, one from Yukon-Kuskokwim Health Corporation, and two from Maniilaq Association. The six ANMC nurses that graduated are Vivian Thurmond-Montoya, Mary "Star" Rivera, Dolly Eskilida, LC Gilheany, Kirsten Chadbourne and Donna Marsteller.

"The goal of this program is to grow nurses within the specialty and retain them here at ANMC," said Shelly Inda, ANMC Mother/Baby Unit Director.

AKSNC works to provide training programs for areas of specialty nursing that are in high demand, with the idea that fully staffed departments with well-trained professionals will ensure excellent patient care in Alaska's hospitals. The curriculum was developed based on the Association of Women's Health Obstetric & Neonatal Nurses Perinatal Orientation and Education modules. The feedback about meeting virtually was very positive and the group was thankful for the technology that helped connect them across our large state.

The Alaska Native Tribal Health Consortium and Southcentral Foundation jointly own and manage ANMC under the terms of Public Law 105-83. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the Medical Center.

COMMUNITY HEALTH, FROM PAGE 6

of getting tested. We also want to bring attention the negative health effects this disease carries if left untreated."

The Centers for Disease Control and Prevention recently published recommendations that all Baby Boomers (defined as anyone born 1945-1965) get tested for hepatitis C. People born between these years are five times more likely to be infected with hepatitis C, and currently 3 out of 4 people with hepatitis C are Baby Boomers.

Learn more about hepatitis and testing opportunities by calling ANTHC's Hepatitis Program at **1-800-655-4837** or visiting anthctoday.org/community/hep.

THE HEALTHY ALASKA NATIVES FOUNDATION
ANNOUNCES THE

2015 Ravens' Ball

A GALA FUNDRAISER FOR THE HEALTH OF ALASKA NATIVE PEOPLE

SATURDAY, MARCH 21 @ HOTEL CAPTAIN COOK

For information about registration, event sponsorship, auction donations and more,
please contact the Foundation at (907) 729.5652 or ravensball@inspiringgoodhealth.org.



The Next Generation's Health Today

ANTHC offers services that engage, support, empower and care for Alaska Native youth

As our Alaska Native population grows, Alaska Native youth carry with them the future of our culture and communities. Today's generation of Alaska Native youth face many of the longtime health disparities that have challenged our people for decades, while also confronting new and unique health issues. For our youth to make a positive impact as adults, they must grow up healthy and strong.

ANTHC offers an array of services that truly connect with Alaska Native youth, supporting them to live healthy, encouraging them to make healthy decisions, and providing special care for them and their families.



"Safe in the Village": A moving movie

It's a coming-of-age story that unfolds often on the big screen: close young friends facing challenges and tough choices involving relationships, peer pressure and growing up. Their decisions could lead to short-term struggles or even carry lifelong ramifications. The new short film "Safe in the Village" takes that story and sets it among the common and unique aspects of life for Alaska Native youth.

"Safe in the Village" was produced by ANTHC's HIV/STD Prevention Program staff and funded by the Indian Health Service. ANTHC used the successful "Safe in the City"



movie model as a starting point and interviewed more than 100 Alaska Native youth and dozens of rural community members. They then rewrote the script and created a film for Alaska Native youth and young adults in the age range of 15-24.

The movie, which debuted this summer in Anchorage, follows three young Alaska Native

people in a rural community as they are confronted by tough issues and decision making that could change their lives: alcohol and drugs; sex, pregnancy and sexually transmitted diseases; relationships with friends and family members.

ANTHC is sharing the film with groups of high school students across rural Alaska as part of a culturally sensitive and age-appropriate curriculum that prompts discussions. The curriculum includes interviews with

the film's Alaska Native actors who share their personal experiences and speak about the importance of the film's messages.

"We wanted to produce something with a health message that will stick with young viewers, but is also attractive and something

that youth will want to watch,” explained Connie Jessen, ANTHC’s HIV/STD Prevention Program’s Senior Manager. “This is not just a public service announcement. This is a high-quality film with a powerful story and great young Alaska Native actors that viewers will connect with. Our hope is that youth will enjoy watching it and come away with something that will change their behaviors.”

Learn more about “Safe in the Village” at iknowmine.org/for-providerseducators/Curriculum/safe-in-the-village.

“Native It’s Your Game”: A curriculum of healthy lifestyles

In this digital age, youth are constantly connected to and inundated by media and messaging. Amid the noise, ANTHC has found a way to connect to Alaska Native youth on a digital platform with positive messages of healthy lifestyles and smart decision making. After years of working with Alaska Native youth, Elders and community members, and partnering with national Tribal organizations and higher education institutions, ANTHC’s HIV/STD Prevention Program developed “Native It’s Your Game” (funded by the Centers for Disease Control and Prevention and the Administration for Children and Families). This 13-lesson web-based multimedia program informs Alaska Native and American Indian youth ages 12-14 about healthy friendships and relationships, how to handle peer pressure, being safe on the Internet, and the facts about substance abuse.

“If youth are engaged, they are



2014 Camp ARCTIC participants

more likely to learn,” explained Connie Jessen, ANTHC’s HIV/STD Prevention Program’s Senior Manager. “This program comes from an already successful, evidence-based program that shows outcomes and reduces risk behaviors by using technology like interactive gaming, videos and interviews with youth, and cartoons that appeal to youth. It’s all set up so youth can identify their limits and rules in life, and then identify situations where those boundaries are going to be challenged. By going through the program, they will hopefully gain skills to protect their boundaries.”

ANTHC staff is currently sharing “Native It’s Your Game” with youth in Anchorage and several small Alaska communities. Soon, the team will share the curriculum with partners around the state. Learn more about “Native It’s Your Game” at iknowmine.org/for-youth/iyg.

Camps connect youth to support, culture ... and fun

Being young and facing a health issue or disease can be physically draining and emotionally trying. ANTHC offers funding and participates in a handful of unique summer camps for Alaska Native youth and young adults. At these camps youth can receive support and bond with others who are battling the same health complications.

Camp ARCTIC is a free summer camp on the Kenai Peninsula for Alaska youth with juvenile idiopathic arthritis. This year’s camp hosted 15 children from across Alaska, along with a parent accompanying each participant. ANTHC and Southcentral Foundation (SCF) staff partner to plan and lead the camp, which also offers support and arthritis education for parents. ARCTIC stands for ARthritis Can’t Tame my Independence and Courage, a fitting message for the camp’s participants and volunteers.

“For the kids who came from rural communities, they can feel isolated, so it’s nice for them to meet other kids who can talk about what they are going through,” explained Tracie Wright, SCF Pediatrics Outpatient RN Case Manager and a Camp ARCTIC organizer. “Even the kids who live in Anchorage, sometimes they’re

the only kids in their school who have arthritis. So what we want is for these kids to get together and talk about their experiences and how to make it a little better.”

Each summer, the American Diabetes Association and partners like ANTHC host Camp K on Kenai Lake, a camp for Alaska children ages 7-17 with diabetes. Diabetes physicians and medical staff from around the state volunteer to provide continuous medical supervision and chaperone activities. Many ANMC providers and ANTHC Diabetes Program staff participate in the camp. ANTHC’s Diabetes Program also offers camp scholarships for Alaska Native and American Indian youth. This year the program distributed 11 scholarships.

For seven years, ANTHC’s Environmental Health and Engineering and Healthy Alaska Natives Foundation staff, along with our SCF partners, have joined Alaska youth at a different kind of camp. They host the Youth Environmental Summit for students grades K-8 at a camp set in a rural community. This year, more than 70 students participated in the three-day camp in Copper Center, enjoying hands-on science activities, learning environmental stewardship, wilderness survival and subsistence living.

SEE HEALTHY YOUTH, PAGE 10 ►

“Ap’ii and Datu”: Promoting Healthy Decision Making

A slide from “Native It’s Your Game”



PHOTO BY TODD HENRY / ANTHC
ANMC's Sherry Hammock, Pediatric Endocrinology Case Manager, left, and Dr. Yolanda Evans.

HEALTHY YOUTH, FROM PAGE 9 ▶

Adolescent Clinic offers special services to young patients

Youth and young adults can often face difficult health challenges such as eating disorders, weight management or behavioral health. The ANMC Adolescent Medicine Clinic opened recently to serve patients ages 12-23 with special health issues. Around 20 adolescent and young adult patients have already been identified to participate in this clinic.

Dr. Yolanda Evans, a Pediatrician specializing in Adolescent Medicine at Seattle Children's Hospital, leads the clinic, which is conducted via telemedicine from Seattle. It is held two half-days each month, with the intention of adding more clinics as needed.

Dr. Evans was born and raised in Anchorage. She left Alaska to attend medical school and obtain a Master of Public Health certificate in maternal and child health. Her areas of expertise include eating disorders, obesity and reproductive health.

"The new clinic will provide a much-needed service to Alaska Native adolescents," said Dr. Matt Hirschfeld, Medical Director for ANMC Maternal Child Health. "This is the only Alaska clinic where an adolescent can be seen by a physician who specializes in the unique issues facing teenagers and young adults."

To learn more about the Healthy Lifestyles Clinic, please contact Sherry Hammock, ANMC Pediatric Endocrinology RN Case Manager, at 1-907-729-8803 or sahammock@anthc.org.

Giving youth a role in expression, suicide prevention

As the fourth-leading cause of death among Alaska Native people, suicide continues to painfully impact Alaska's families and communities. While the topic remains sensitive, Alaska's youth have taken a leadership role in elevating powerful suicide

awareness and prevention conversations. ANTHC gives youth a large and special platform to share their stories of sadness, despair, happiness and hope, and provides an opportunity for those who are suffering to find inspiration and help.

ANTHC annually partners with the Alaska Association of Student Governments (AASG), Alaska's Careline and GCI to promote the AASG Suicide Prevention Media Contest. The contest encourages Alaska high school students to produce short videos about how suicide has touched them, their families, peers, schools and communities. The entries run the

creative gamut, but all carry a common message of suicide's powerful and painful impact. ANTHC's Marketing and Communications team takes the top entries and turns them into public service announcements, which are posted online and broadcast on TV across Alaska. Each video has information on how to receive help if the viewer is considering suicide.

"Every year we are so inspired by the powerful expression and creative talent of these youth," explained Fiona Brosnan, ANTHC Marketing and Communications Director.



Be our friend!
Like ANTHC at
[facebook.com/ANTHCtoday](https://www.facebook.com/ANTHCtoday)



Nominate an ANMC nurse for the DAISY Award!

The DAISY Award rewards and celebrates the extraordinary clinical skill and compassionate care given by nurses every day.

The Alaska Native Medical Center is proud to be a DAISY Award Partner, recognizing one of our nurses with this special honor every quarter.

Pick up a nomination form today or visit www.anmc.org/the-daisy-award/ to nominate a nurse online.



We're listening!

At the Alaska Native Medical Center, we listen to our people so we can provide the very best care and service. If you have a concern, comment, question, or compliment, please contact the ANMC Customer Experience team. Email us at customercontact@anthc.org or call (907) 729-3990 or toll free at (877) 223-9284.

Thank you!

Unique care and services for our youngest and their families

Alaska pediatricians encourage parents to read to their babies

The American Academy of Pediatrics (AAP) recently announced that it is asking its 62,000 members to urge parents to read to their children as soon as they're born. For the first time, the AAP will promote early literacy – beginning from an infant's very first days – as an “essential” component of primary care visits. From a pediatrician's point of view, early out-loud reading is now right up there with breastfeeding and immunizations in terms of far-reaching positive impacts.

The All Alaska Pediatric Partnership (A2P2, aapalaska.org) began zeroing in on the birth-to-three age group, with the launch last fall of its First 1,000 Days of Life Campaign. The AAP policy also lends medical support to what many of us have been shouting from the rooftops: early literacy starts at birth, long before children can form words, let alone read on their own.

There are many great resources available to Alaska parents. Imagination Library now provides a quality, age-appropriate book every month to 22,006 Alaska children, ages birth to 5, in 111 communities. Funding comes from many sources, including the State of Alaska, businesses, foundations and individuals. Find out more about Imagination Library at bestbeginningsalaska.org/what-we-do/expanding-imagination-library.

A2P2 partner hospitals are helping, too. Best Beginnings works with Alaska Native Medical Center and Providence Hospital to enroll newborns. Since many of the babies born at those hospitals live in other communities, Best Beginnings makes sure enrollment forms are matched to Imagination Library affiliates in their home communities. Bartlett Hospital in Juneau enrolls newborns, too.

The research on child development is incontrovertible: A child's earliest experiences – such as being read to – have profound impacts on vocabulary, communication skills, social and emotional development, and cognitive development. A child's earliest experiences pave the way



Sara Swanson holds baby daughter Leah while visiting with ANMC nurse Vivian Thurmond-Montoya.

PHOTO BY BRIAN ADAMS

for how that child will fare in school and in life. It starts at birth. So should books.

Story by Dr. Matt Hirschfeld, Medical Director for Maternal Child Health Services at the Alaska Native Medical Center and Co-Chair of All Alaska Pediatric Partnership; Stephanie Monahan, Executive Director of All Alaska Pediatric Partnership and the American Academy of Pediatrics, Alaska Chapter; and Abbe Hensley, Executive Director of Best Beginnings.

ANMC expands access to prenatal services for non-Alaska Native mothers

Bringing a new baby into a family is one of life's most exciting and joyous occasions, and access to early and regular prenatal care improves the chances of a healthy pregnancy and baby. In an effort to meet the needs of Alaska Native families, ANMC is proud to offer earlier and easier access to prenatal care for non-Alaska Native women, who are pregnant with an Alaska Native man's child. The expectant mother will have access to a full spectrum of services at ANMC: excellent medical care, childbirth classes and a wide range of relevant and timely resources.

In order to establish that the expectant mother is pregnant by an eligible Alaska Native, she must provide proof of paternity. That proof can be provided the following

ways:

- Proof that the father of the baby is American Indian or Alaska Native
- Proof of marriage to an American Indian or Alaska Native under the laws of any state or any Tribe (e.g., official copy of a marriage certificate, or verification by the appropriate tribal official); or
- Proof of paternity of an American Indian or Alaska Native such as a notarized acknowledgment of paternity, or a state or tribal court order that issues a finding of paternity.

For more information regarding prenatal care and proof of paternity requirements, please contact the Anchorage Native Primary Care Center at **1-907-729-3300**.

Awareness is critical to preventing children's injuries

ANMC's Maternal Child Health Services encourages parents to constantly stay aware of dangers to the health and safety of our children. Luckily, there are simple steps we can take to prevent common injuries to our little ones.

Safe sleep

Sudden Infant Death Syndrome (SIDS) is a leading cause of death for infants, most often in the early months before baby can roll over. To reduce the risk of SIDS, ANMC promotes American Academy of Pediatrics' recommendation to always place babies on their back

to sleep. Also, give baby a separate sleeping space with a firm mattress and well-fitted sheet, and avoid soft or loose objects in sleeping areas. Learn more about safe sleep at sids.org and healthychildren.org.

Abusive head trauma

Abusive head trauma can result from shaking, throwing or hitting an infant – often due to high stress levels caused by crying. According to the State Epidemiology Department, there were nearly 50 cases of abusive head trauma in children under 2 in Alaska from 2005-2010. Crying is a normal developmental behavior, especially between 2 weeks and 4 months old. Shaking or hurting a crying baby is never an appropriate response. Always be aware to look for ways to lessen the load on stressed caregivers to prevent these injuries to infants.

For more information, visit cdc.gov/concussion/HeadsUp/sbs or purplecrying.info/protecting.

Buckle up

According to Indian Health Service, motor vehicle crashes are the leading cause of death among Alaska Native and American Indian children ages 1-9. Further, a national study reported 80 percent of car seats are used incorrectly, with an average of three mistakes per seat. You can help keep children safe by using age- and size-appropriate car seats and ensuring seats are installed and used properly. Visit alaskainjurypreventioncenter.org/cps for guidelines, or call your local fire department for installation assistance.

Talk to your health provider for more ways you can help protect the children in your family and community. Websites such as cdc.gov/safechild and kidshealth.org also have valuable injury prevention resources.

Little improvements bring big relief for traveling patients

ANMC Customer Experience offers new comforts, conveniences to customer-owners

Facing a health complication is worrisome enough, but for more than half of ANMC hospital's patients, stress levels also increase because they must travel across Alaska to Anchorage for care. That is why staff is always improving customer service efforts to ensure the best experience for traveling customer-owners. Recently, ANMC Customer Experience launched four new ways to make the experience for patients traveling to and from ANMC less daunting.

ANMC recently purchased and is operating two new Navistar shuttle buses for service between ANMC, the Ted Stevens International Airport and other important destinations. Each new shuttle has a wheelchair lift and can seat up to 16 passengers.

ANMC Customer Experience and Quyana Care Coordination recently launched a new mobile system called Check In Easy. It allows ANMC Shuttle drivers to electronically notify Quyana Care Coordination staff when a guest has been picked up from the airport. This will decrease waiting times for guests when they arrive at ANMC and ensure that a Quyana House room is ready and a key is waiting at the front desk when they arrive.

Due to popular demand, the ANMC Food Court expanded its hours to accommodate our hospital visitors and Quyana House guests. The cafeteria now offers items from the Sky Ranch Grill, Salad Bar and Simply To Go retail areas until midnight each weekday.

In a partnership with Crothall

Housekeeping Services, Quyana House now provides free amenity bags to our guests when they check in. Included in these bags are essential toiletry items like shampoo, conditioner, soap, a comb and a sleep mask.

"We are always working to make things as easy as possible for our guests," said Leatha Merculieff, ANMC Vice President of Customer Experience. "After traveling, nobody wants to wait in a long line to check in, so we think this will be a great improvement in the customer experience."

Learn more about traveling to the ANMC hospital by contacting the ANMC Customer Experience team at **1-907-729-3990** or **customercontact@anthc.org** or by visiting **anmc.org/patients-visitors/travel-lodging**.



PHOTO BY **TODD HENRY** / ANTHC
ANMC Shuttle driver Russell Tabios uses the Check In Easy mobile program to help a visiting patient check in at ANMC's Quyana House.

Our commitment to safety, quality and the very best care for you



The Alaska Native Medical Center is dedicated to providing the highest levels of quality, safety and health care services for our people. ANMC is measured for quality and safety standards by independent surveyors. In addition, we are always improving our processes and procedures to ensure we are fostering an environment of quality, safety and the best care.

ANMC's legacy of safety and quality includes some notable accreditations and awards:

- ANMC hospital is certified as **Alaska's only Level II Trauma Center**, providing the highest level of trauma care in the state since 1999.
- ANMC is accredited by **The Joint Commission**, the gold standard of quality care.
- ANMC has been Alaska's only **Magnet® designated** hospital since 2003. Magnet recognizes nursing excellence, quality patient care and innovations in professional nursing practice. Only five percent of U.S. hospitals hold this designation.

Learn more about ANMC's care, services and commitment to safety and quality at www.anmc.org



ALASKA NATIVE MEDICAL CENTER



The Alaska Native Tribal Health Consortium and Southcentral Foundation jointly own and manage the Alaska Native Medical Center under the terms of Public Law 105-83. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the Medical Center.

**Tweet!
Tweet!**

**Follow
ANTHC
on Twitter
@ANTHCtoday**

ANMC Biomedical Engineering team brings safety, quality focus to medical equipment maintenance

From complex X-ray machines to ventilators to thermometers, Alaska Native Medical Center's Biomedical Engineering department technicians keep all forms of medical equipment in excellent condition. In fact, the team of seven knows the intimate details of the more than 6,000 medical devices made by more than 1,000 manufacturers that are used by ANMC and Southcentral Foundation clinical staff.

It is fast-paced, varied and intricate work, but ANMC's hardworking Biomedical Engineering technicians, specialists and supporting staff say they take personal ownership of any task. They are committed to ensuring all medical equipment provides the best outcomes, quality and safety for patients and providers.

"With our team's work, it is always quality and safety first," explained Jason Cook, Biomedical Engineering Director. "ANMC stays on the cutting edge of medical technology and it has a high census of patients who come from all over the state for care. Our team excels at ensuring clinicians and patients have access to safe and reliable medical technology. If it is needed for medical care, we step up and make sure the right equipment is available."

ANMC's Biomed team mirrors ANMC's commitment to safety and quality. The team has more than 80 years of combined experience in biomedical engineering. Four of the team's technicians and specialists hold associate degrees in Biomedical Equipment Technology and another holds an associate degree in Industrial Electronics. In addition, technicians are constantly training and receiving education to keep pace with evolving medical technology in areas like anesthesia, ultrasound and ventilators. Cook also regularly measures the competency of the team's technicians on equipment maintenance.

The team does more than repair equipment. Biomed members evaluate equipment types and lifespans to ensure the devices will work properly until a piece of equipment is scheduled for replacement; install new equipment; provide



PHOTO BY BRIAN ADAMS

Melanie Walker, CRNA, left, and Biomedical Engineering staff Kristin Myers and Jason Cook perform maintenance on an anesthesia machine in ANMC's hybrid operating room.

preventative maintenance; and train clinical staff on how to best operate devices, which maximizes its use and reduces wear and tear. Cook said his Biomed team members rely on organization, communication, leadership and cross-training to succeed.

"We have built our department to meet the needs of our organization and created a team that is talented, flexible and has the highest standards for their work and the equipment we work on," explained Cook.

"We make sure equipment remains in good condition, functionally and esthetically. Part of that spirit comes from our team's communication – if there's an opportunity for improvement in the equipment, or in quality and safety, it is an open forum."

With more than 10 years of experience in improving Biomedical Engineering departments at health care organizations across the country, Cook was hired to guide the ANMC's Biomedical

Engineering department. He started in March 2013 and was promoted to his director position in March 2014. He has since hired a team of educated, dedicated and passionate technicians. The group revamped ANMC's equipment database and work orders system to help them work more efficiently and effectively.

In the past year, the team was recognized by partners for their work, quality and safety. A recent Joint Commission inspection also found no deficiencies in the department or staff.

"The dedication and the vision of ANMC are very unique and ANMC staff provides health care and services on such a high scale," said Cook. "We want our work as technicians to reflect that inspiring vision."

Learn more about the ANMC Biomedical Engineering team and its work at anmc.org/services/biomedical-engineering.



ANMC's Biomedical Engineering team

New iCHAM hits App Store, expands health care information access for CHA/Ps, other providers

BY JOSH NIVA

Last year, ANTHC's Community Health Aide Program (CHAP) and Information Technology team revolutionized the way ANTHC provides health care information to hardworking Community Health Aides and Practitioners (CHA/Ps) around Alaska by converting the 14-pound Community Health Aide Manual (CHAM) into an electronic version, eCHAM. In the past year, 600 user accounts have been set up through the eCHAM webpage and the iPad application, allowing providers easy access to updated health care information on the go and in rural settings.

The next evolution of the eCHAM arrived recently when it was converted into an iPad application called iCHAM and placed in the Apple App Store. The iCHAM app will alert users any time its material is updated, allowing users to stay up to date, informed and confident when they provide care.

"With so many eCHAM users across the state and eventually around the country and the world, we wanted to be able to communicate updates to people as easily as possible," explained Rebecca Moore Pazdernik, CHAP Assistant Director. "It is much easier than trying to contact so many people in so many different places, and much easier for the user to update it on the App Store

instead of having to download it on our website."

The iCHAM app is a free download for our Tribal partners. The app also offers a free 30-day trial for those outside the Alaska Tribal Health System. After the trial period, users can purchase the app on an annual basis; CHAP staff are currently determining pricing. CHAP leaders anticipate that organizations like the Peace Corps, emergency medical services facilities, and Tribal health facilities in rural parts of the Lower 48 will also download and use iCHAM.

CHAP staff had CHA/Ps from across Alaska test versions of the eCHAM and iCHAM to work out bugs and improve usability. Since launching, the CHAP team has heard positive feedback on both products from CHA/Ps and others.

"The eCHAM dramatically improved our ability to revise and keep the original CHAM up to date," said Moore Pazdernik. "It was very well received and users were happy to see the progress, changes and revisions."

CHAP staff will launch the next updates to the eCHAM and iCHAM on December 31.

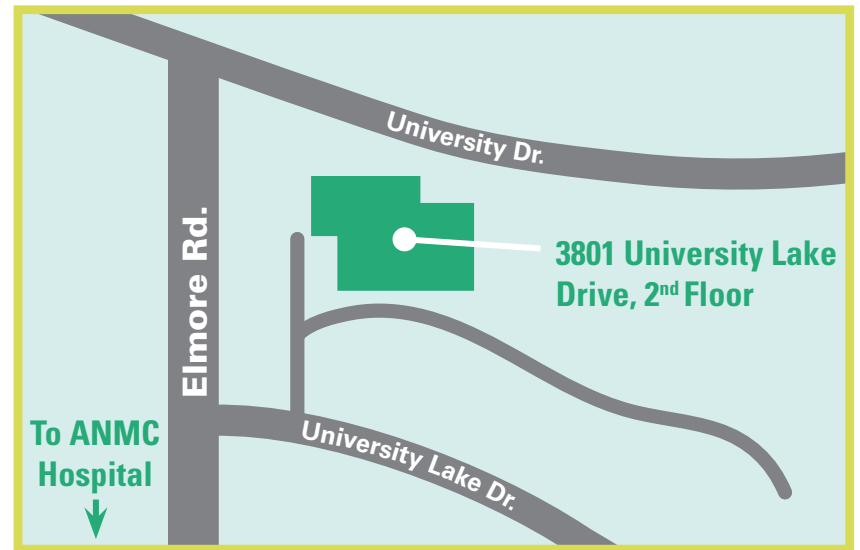
To find iCHAM at the App Store, you must use an iPad.

Learn more about the eCHAM, iCHAM and ANTHC's CHAP department by visiting akchap.org or emailing echam@anthc.org.



ANMC's ENT, Audiology and Ophthalmology Clinics have moved!

Effective Monday, Sept. 22, the ANMC ENT, Audiology and Ophthalmology Clinics are in a new location to better serve our people.



New location:

The ANMC ENT, Audiology and Ophthalmology Clinics have moved into a medical building at 3801 University Lake Drive. The clinics are located on the second floor of the building. Our phone number remains (907) 729-1400 and our hours of operation are 8 a.m.-4:30 p.m. Monday-Friday.

Why the move?

As ANMC's population grows and the need for services increases, we decided to move into increased space to meet the needs of our people from across Alaska. The new location for the ENT, Audiology and Ophthalmology Clinics allows us to better serve our people.

Directions from the hospital:

1. From Diplomacy Drive, turn right on Tudor Centre Drive
2. Turn left on Ambassador Drive
3. Turn right on Elmore Road
4. Go through the roundabout and then take the first right on University Lake Drive
5. The clinic is located in the first building on the left (2nd floor), 3801 University Lake Drive



ALASKA NATIVE
MEDICAL CENTER



The Alaska Native Medical Center is jointly owned and managed by the Alaska Native Tribal Health Consortium and Southcentral Foundation.



PHOTO BY TIM JETER / ANTHC

Community Health Aide/Practitioner students Amanda ByBee (McGrath) and Lucy Evans (Goodnews Bay) test the new iCHAM application while training in Anchorage.

Register now for the 2014 Alaska Tribal Conference on Environmental Management

Each year, hundreds of Tribal leaders from around the state gather at the Alaska Tribal Conference on Environmental Management (ATCEM) to inspire and inform those who build stronger Alaska Native communities through environmental health efforts.

Registration is currently underway for this year's 20th annual ATCEM, which is scheduled for October 28-31 at the Anchorage Hilton Hotel.

This year's conference will feature sessions on air quality, water, healthy homes, climate change, solid waste management, program development and sustainability. The keynote speaker is distinguished American Indian activist, environmentalist and



PHOTO COURTESY OF PHOTO ARTS BY JANNA

Students from the Alaska Native Cultural School recite the Pledge of Allegiance in Yupik during the 2013 Alaska Tribal Conference on Environmental Management (ATCEM) event. ATCEM annually brings people from across Alaska and beyond to discuss building stronger Alaska Native communities through environmental health.

writer Winona LaDuke, who will present at the Environmental Excellence Awards Luncheon.

Last year, nearly 400 participants representing 127

Alaska communities took part in the four-day conference – it was the largest turnout in the conference's history.

Register now for the 2014 ATCEM and learn more at www.atcemak.com.

New Information on the Affordable Care Act's Indian Status Exemption

On September 18, U.S. Department of Health and Human Services Secretary Sylvia Mathews Burwell announced that those who are eligible for services through an Indian Health Service (IHS) provider, including Tribal health facilities in Alaska, will be able to obtain a hardship exemption from the shared responsibility payment through the tax filing process. The shared responsibility payment is a tax penalty assessed to those who do not have health care coverage.

Until now, only members of federally recognized Tribes and shareholders of Alaska Native Claims Settlement Act (ANCSA) corporations had the option for exemption through the tax filing process. This restrictive definition of Indian in the Affordable Care Act legislation impacted many Alaska Native people. Individuals who are not members of federally recognized Tribes, but who are eligible for services through a Tribal health care provider, could previously only apply for an exemption on this basis through a paper application process. This announcement allows these individuals to also have the option of claiming the hardship exemption

through the tax filing process.

Under the Affordable Care Act, every American must demonstrate health care coverage, but there are special exemptions that apply to Alaska Native and American Indian people. Alaska Native and American Indian people are exempt from the requirement to purchase insurance if they can show evidence of:

- Enrollment in a federally recognized Tribe;
- ANCSA shareholder status (village or regional), or;
- Eligibility to receive services from an IHS facility/Tribal health care provider.

There are two options for Alaska Native and American Indian people to qualify for this exemption:

1) File form 8965, titled "Health Coverage Exemptions," with your taxes.

The form isn't final yet, but it will be ready for tax time.

2) Apply for the exemption through a paper application process. This paper application can be printed at <http://marketplace.cms.gov/getofficialresources/publications-and-articles/tribal-exemption.pdf>.

Here are some helpful hints for completing the paper application:

When you complete the application, you must send copies of supporting documents, such as:

Preferred documents:

- Tribal enrollment card/letter
- Proof of ANCSA shareholder status (Regional or Village)

Other accepted documents:

- Certificate of Indian Blood (CIB) card issued by the Bureau of Indian Affairs (BIA)
- IHS eligibility letter

Please do not send originals of these documents as they will not be returned to you.

Remember to complete Step 2 of the application for all members of your family, including children. Also, be sure to send copies of the same supporting documents for every member of your family that needs the exemption.

Within 2-4 weeks of mailing the form, the federal government will inform you if they need additional information. If you receive this exemption, you will be sent a letter from the Health Insurance Marketplace with an Exemption Certificate Number (ECN). When you receive the letter, review it to ensure you received an ECN for every family member you sent in an

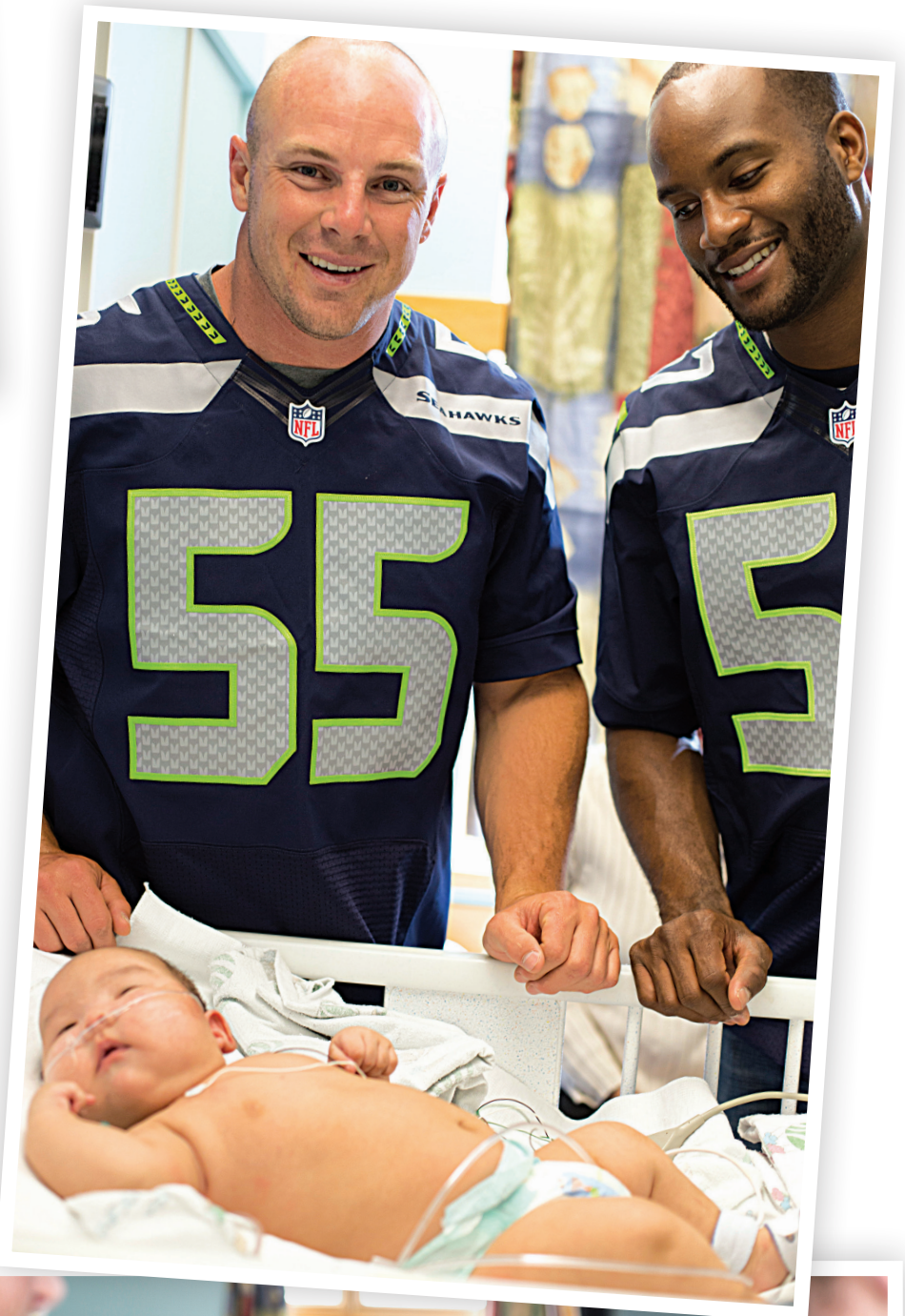
exemption form. It is important to keep a copy of your ECN in a safe place for future use. If you do not hear from the federal government within 4-6 weeks, contact the Health Insurance Marketplace Help Center at 1-800-318-2596.

If you have health care coverage through Medicaid, Medicare, Denali KidCare, veteran's benefits or your employer provides health insurance, you have met the requirements of the Individual Mandate and do not need to purchase additional health care coverage to avoid the tax penalty. You do not need to complete the Indian Status Exemption paperwork if you have health care coverage. However, the Indian Exemption is a lifetime exemption and can be used anytime you have a gap in health care coverage.

For assistance with the Indian Exemption Status paperwork and to learn more information about the ACA in Alaska, visit your local Tribal clinic or contact the ANTHC Health Reform group at healthreform@anthc.org, (907) 729-7777 or (855) 882-6842. More information is also available at ANTHC's The Affordable Care Act and You website, <http://anthc.org/aca/>.



Members of the Super Bowl champion Seattle Seahawks recently visited the Alaska Native Medical Center hospital's youngest patients and their families in the Inpatient Pediatrics unit. It was a chance for everyone to smile, show off their fighting spirit, and even get a close look at the Super Bowl trophy and players' rings.



PHOTOS BY JOSH NIVA / ANTHC

