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# THE Mukluk Telegraph



THE QUARTERLY NEWSPAPER OF THE ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

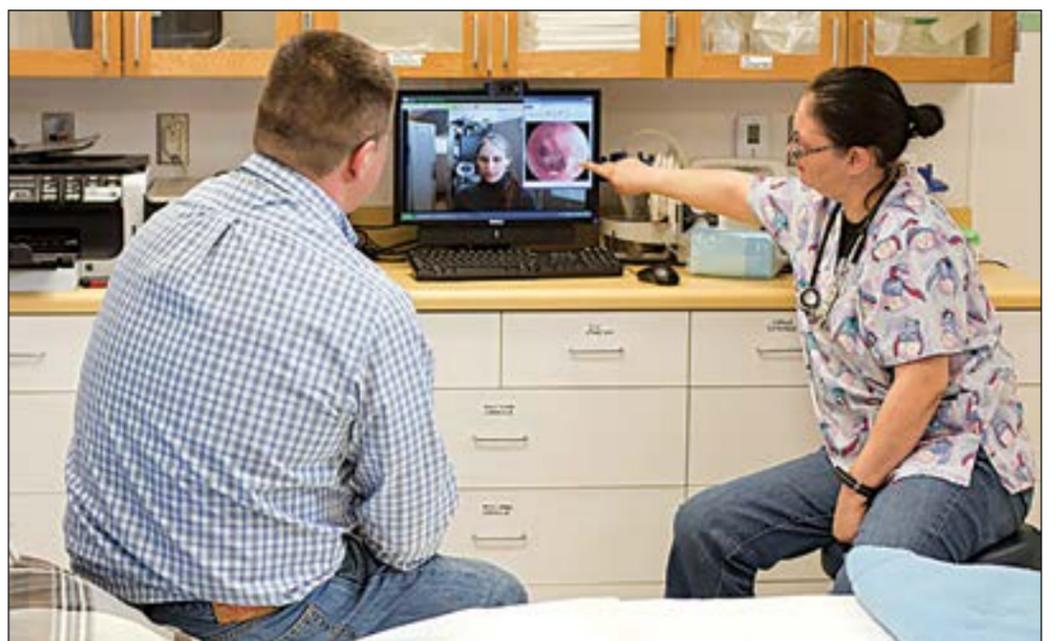
APRIL - JUNE 2018

## 50 years of Community Health Aides



This spring, the Community Health Aide Program turns 50! Alaska Community Health Aides and Practitioners (CHA/Ps) are the frontline of health care in their communities. For many people living in rural areas, CHA/Ps are providing the preventative care that is helping to improve the health of all Alaska Native people.

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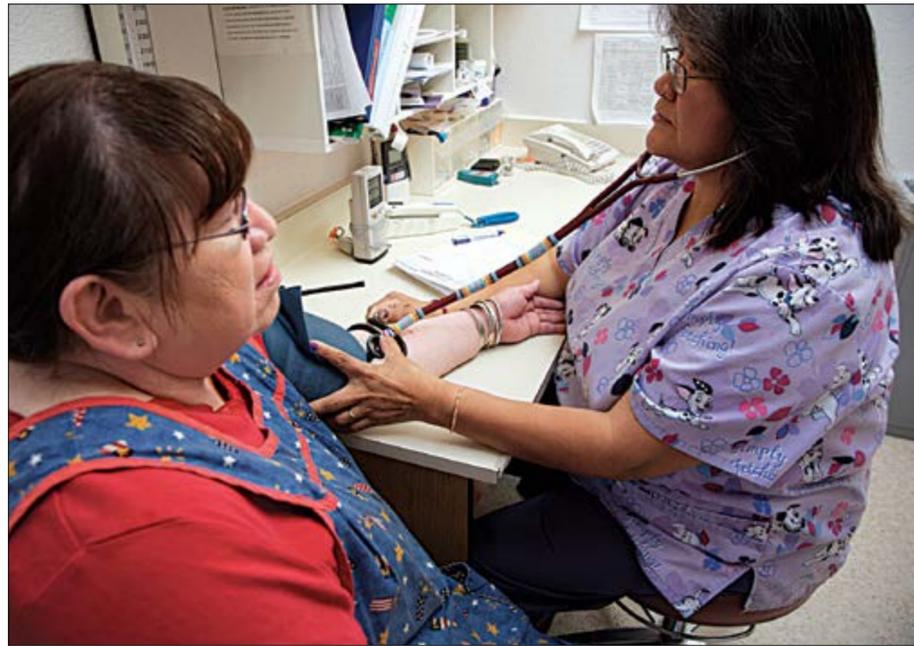


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ALASKA NATIVE TRIBAL HEALTH CONSORTIUM



### Community Health Aide Program (CHAP) overview

- Formal program established in 1968 in response to health concerns in rural Alaska
- Community Health Aides and Practitioners (CHA/Ps) provide primary care for rural communities across Alaska
- Today, network consists of approximately 550 CHA/Ps in more than 170 rural Alaska villages, with over 250,000 patient visits annually
- CHA/Ps receive up to date initial and ongoing training to provide high quality health care
- More than 90 percent of CHA/Ps are certified by the federally authorized Community Health Aide Program Certification Board

### CHAP Continued from page 1

closer to home a reality for more people in Alaska.

CHAP now consists of a network of approximately 550 Community Health Aides/Practitioners (CHA/Ps) in more than 170 rural Alaska communities. CHA/Ps work within the health care guidelines of their training and care manual, the Alaska Community Health Aide/Practitioner Manual (CHAM), which standardizes the high level of care provided by each CHA/P and outlines assessment and treatment protocols.

The rural community based CHA/Ps are a vital link in the care delivery system across Alaska.

CHA/Ps are the primary care

See Page 3, CHAP

### Establishing the Community Health Aide Program

The Community Health Aide Program (CHAP) was developed in the 1960s in response to a number of health concerns across the state, including: the tuberculosis epidemic, high infant mortality and high rates of injury in rural Alaska. In 1968, CHAP received formal recognition and congressional funding. The long history of cooperation and coordination between federal and state governments as well as Tribal health organizations has made access to care

*“The CHA/P initiative exemplifies how a community-based education strategy can impact the health outcomes in rural, isolated villages. The commitment of CHA/Ps is inspiring. Congratulations on sharing with us what caring, support and education is all about!”*



### 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 patients, employees and partners of ANTHC statewide. 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](mailto:marketing@anthc.org).

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### 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

*“Community Health Practitioners are playing pivotal roles in bringing life saving information to Alaskans. You help people discover cancer’s early warning signs and get prompt treatment so they can enjoy long and productive lives. You face many extra challenges as a result of the great distances between villages, the ruggedness of the terrain, and the uncertainty of the weather. That makes your work as community health providers all the more heroic and important. Keep up the good work. I know my colleagues join me in thanking you for the vital work you do.”*

— Georgia Sadler, PhD, Professor of Surgery UC San Diego, California

### CHAP Continued from page 2

provider in an established referral relationship, which includes advanced practice providers, physicians, regional hospitals and the Alaska Native Medical Center. In addition, providers such as public health nurses, physicians and dentists make visits to villages to see patients in collaboration with the CHA/Ps.

### CHA/P training for the highest quality care

Community Health Aides are selected by their communities to receive training and provide care for the people in the place where they live. There are four sessions of CHA training, each lasting three to four weeks. Training centers are located in Anchorage, Bethel, Nome and Sitka. Between sessions, CHAs work in their clinics completing a skills list and practicum. After successfully completing the four-session training curriculum and examination, the CHA qualifies as a Community Health Practitioner (CHP). CHA/Ps at any level of training may obtain certification by the Community Health Aide Program Certification Board. ANTHC is pleased to support the

Community Health Aide Training Program and prepare CHA/Ps for their vital role in the Tribal health system.

### Impact of the Community Health Aide Program

Since CHAP was established, ANTHC has helped expand the Community Health Provider system to ensure whole-person health. In 2001, we established the Dental Health Aide Program – the first of its kind in the country – and in 2008, we responded to growing community need with the Behavioral Health Aide Program.

The continued evolution and specialization of these three programs under ANTHC’s Tribal Community Health Provider Program has been a core priority of our Consortium’s work over the past decade. Today, we are proud to have more than 700 Community Health Providers actively working across the state to bring tailored care to Alaska Native people. While Alaska is just beginning to recognize the full impact of our community health, dental, and behavioral health programs, we know that our Community Health Providers are ready to meet the opportunities and challenges before us for the next 50 years and beyond.



**Camp Coho**

Saturday, June 2  
9 a.m. – 4:30 p.m.  
Anchorage

Camp Coho is a free one-day grief camp for Alaska Native children ages 6-12 years who have experienced the death of a loved one from cancer within the last two years.

For more information, contact the ANTHC Cancer Program at [cancer@anthc.org](mailto:cancer@anthc.org).

11<sup>th</sup> ANNUAL **Raven's Ball**  
BENEFIT FOR ALASKA TRIBAL HEALTH

Thank you to this year's Luminary Sponsors, who helped us make a positive impact on Alaska Tribal health!

**GCI** **NEESER CONSTRUCTION, INC.** **ANCHORAGE RADIATION THERAPY CENTER**

**SONOSKY** **PROVIDENCE Alaska Medical Center**

[www.inspiringgoodhealth.org](http://www.inspiringgoodhealth.org) **HEALTHY Alaska Natives FOUNDATION**

HEALTHY HOMES & COMMUNITIES

# Completion of a five-year water and sewer project improves the quality of life for Golovin community

In Golovin, a community of 156 people on Alaska's west coast about 70 miles east of Nome, 98 percent of the homes are now on the community's piped water and sanitation system. For many of the homes, this is first-time water service.

ANTHC worked with the community for many years prior to construction to coordinate the funding and design of the project, and local construction crews recently completed a five-year, life-changing water and sewer project. The project included a new water treatment plant, a 1.8-million-gallon water storage tank, a half mile of water main, three quarters of a mile of sewer pipe, and individual water and sewer services to 24 homes and the Chinik Eskimo Community building. The construction crew completed a safe and successful project to eliminate the honey bucket.

Martin Aukongak, who grew up in Golovin and continues to make his home there, explained that water and sewer service to most homes means that people don't have to haul water anymore. As a young person, Aukongak hauled water multiple times a week. Some Golovin families would haul water every day.

Not having to haul water, Aukongak said, "makes people happier. Kids can consistently go to school in clean clothes because they can now do laundry at home. People who've had surgery can more effectively clean themselves. People can easily drink clean water instead of going to the store to buy soda."

Aukongak went on to praise the efforts of Wayne Henry Sr., Golovin's water treatment plant operator, for his many years of continued service to the community. Without utility operators like Henry, the community's new infrastructure wouldn't be nearly as useful. Now that the project is complete, community members have more time to enjoy their beautiful corner of western Alaska.



**MyHealth is a health management tool provided by Cerner® and a way for you to access some of your health records online.**

**With MyHealth, you can:**

- View clinical record summary (allergies, immunizations, health issues, discharge summary, surgeries and procedures)
- Access limited lab results (excluding sensitive test results or results that may require further discussion with your provider)
- See your clinical document generator (a snapshot of some medical information)
- Connect with your provider through secure messaging
- View, request and cancel appointments

**Ask your provider if your Tribal health organization participates in MyHealth.**

**Sign up for MyHealth to access your wellness information online today!**



Access your MyHealth portal on your smartphone or other mobile devices. Search your app store: HealthLife.

**For more information, visit [anmc.org/myhealth](http://anmc.org/myhealth). For 24/7 password help, please call (877) 621-8014.**



**Advance Care Planning makes your health care choices known.**

Advance Care Planning gets you ready - in case of the unexpected. For the first time ever, Advance Care Planning resources are designed for Alaska Native people and available at ANMC. These materials will make your health care wishes known if you are ever in a situation where you can't speak for yourself.

**Talk with your provider today about Advance Care Planning for Your Care, Your Choices!**

For more information about Advance Care Planning, go to [ANTHC.org/palliative-care](http://ANTHC.org/palliative-care).



**JULY 27, 2018**

Save the date for our 7<sup>th</sup> annual



# Golf Classic

**TEEING OFF FOR TRIBAL HEALTH**

Moose Run Golf Course

**Reserve your team or sponsorship today!**

[InspiringGoodHealth.org](http://InspiringGoodHealth.org)



HEALTH TRAINING & EDUCATION

# ANTHC fundraising to build new Education and Development Center

Last fall, ANTHC launched the Healthiest People in the World fundraising campaign to build a new Education and Development Center. This building will serve as an educational home for expansion of the Community Health Aide, Dental Health Aide and Behavioral Health Aide Programs to support access to care in our rural communities.

The ANTHC Education and Development Center will provide Community Health Aides and Practitioners (CHA/Ps), Dental Health Aides (DHA) and Behavioral Health Aides (BHA) a place to learn, collaborate and advance their careers.

This new facility on the Alaska Native Health Campus will offer additional space to offer more training and education opportunities that ensure our community health providers have the skills and knowledge to provide our people high quality care. CHA/Ps, DHAs and BHAs strive to provide the best possible health care on the frontline of the Tribal health system, and ANTHC is proud to support the health training and education that will help them achieve their goals.

In addition, the ANTHC Education and Development Center will open new education opportunities for our

community based health providers. The education facility will be a state-of-the-art training facility with shared classroom space and a new and expanded Library and Information Resource Center. The building will add opportunities for distance learning through tele-video equipment and additional technology. The additional space will also help create more opportunities for collaboration with ANTHC's education partners, such as Ilisagvik College and Alaska Pacific University, and other professionals and mentors in health care.

**Your help needed to fund training equipment**

You can help us open the ANTHC Education and Development Center with a donation toward training equipment. Make a contribution to the Healthy Alaska Natives Foundation online at [inspiringgoodhealth.org](http://inspiringgoodhealth.org). For more information about the project, contact Kirsten Kolb, ANTHC Chief of Strategy and Administrative Services, at [kmkolb@anthc.org](mailto:kmkolb@anthc.org).



## May Mental Health Awareness Month Daily Tips for Mental Health

There are little (but impactful) things you can do every day to improve your mental health. For Mental Health Awareness Month, ANTHC's Behavioral Health department is sharing 31 daily tips you can do to help boost your mental health for the month of May.

- |   |  |   |
|---|--|---|
| <b>1</b> First thing in the morning tell yourself: "Today is going to be a good day."                     | <b>12</b> Look up recipes and the benefits on infused water and experiment with it.                          | <b>22</b> Try to find the good in everything by thinking positive in all situations all day.    |
| <b>2</b> Make a list of 10 things that you are thankful for.  | <b>13</b> Celebrate Mother's Day by showing some love to your mother or mother-like figure.                  | <b>23</b> Reminisce with a friend about old memories.   |
| <b>3</b> Drink at least eight cups of water throughout the day and watch your energy level.               | <b>14</b> Smile at everyone you pass during the day. It can change someone's day and also brighten up yours. | <b>24</b> Tell someone how much you appreciate them. Either by a letter or a phone call.        |
| <b>4</b> Clean up your closet by decluttering things you don't use anymore.                               | <b>15</b> Eat your favorite traditional food.  | <b>25</b> Play a card game, it helps with memory and is a good brain exercise.                  |
| <b>5</b> Fill out the Five Senses Chart in the MHAM toolkit at <a href="http://anthc.org">anthc.org</a> . | <b>16</b> Make a play list of songs that are uplifting and relaxing.   | <b>26</b> Give yourself three compliments.  |
| <b>6</b> Write your thoughts in a journal.  | <b>17</b> Try not eating sugar for the day.  | <b>27</b> Visit an Elder and ask questions about his or her past experiences.                   |
| <b>7</b> Eat at least two servings of veggies.  | <b>18</b> Give two people compliments. It will make them happy and you will feel good, too.                  | <b>28</b> Spend time with family.   |
| <b>8</b> Listen to your favorite song and look up the lyrics.   | <b>19</b> Go for a walk or a bike ride and pay attention to what you hear, see, smell and feel.              | <b>29</b> Do a good deed for someone.   |
| <b>9</b> Make a list of fun activities you want to do this summer.  | <b>20</b> Plan out all your dinner meals for this week so you will be prepared and not feel rushed.          | <b>30</b> Close your eyes and imagine the perfect day. Write down what that looks like.         |
| <b>10</b> Try a new exercise: swimming, walking, jumping jacks, tennis, biking, etc.                      | <b>21</b> Enjoy the sunset. It's so beautiful and exciting to gain daylight.                                 | <b>31</b> Pick some flowers and place in a jar on your table for a pretty scent and decoration. |

To help educate and spread awareness about mental health, ANTHC's Behavioral Health department created a toolkit and activity book to share with people across the state of Alaska. To view the complete toolkit, visit [www.anthc.org/MentalHealthAwareness](http://www.anthc.org/MentalHealthAwareness).



### CELEBRATING ANTHC'S 20TH YEAR

During 2018, ANTHC is celebrating its 20th year of operations. ANTHC has marked new achievements to improve Alaska Native health care through our Board-led Tribal self-governance and leadership. If you have stories to share about ANTHC or the history of the Alaska Tribal Health System, send an email to [news@anthc.org](mailto:news@anthc.org).

# Tradition of Healthy People and Prevention

## Preserving and promoting traditional foods knowledge to build on our culture of health 1999-Present

When Tribal health organizations across the state came together to form the Alaska Native Tribal Health Consortium, one of the guiding beliefs was the idea that Alaska Native leadership would draw from our cultural traditions to build a health system that would fulfill our vision that Alaska Native people are the healthiest people in the world.

From ANTHC's beginning in 1997, Alaska Native traditional foods and nutrition have played a significant role in how we think about healthy Alaska Native people and preventative community health programs. Healthy eating and food security are important building blocks of health. ANTHC helps promote the knowledge and use of traditional foods and traditional ways that support Alaska Native health.

One of the earliest programs under ANTHC's Community Health Services supported a health research study that examined the importance and safety of traditional marine mammal food sources for pregnant women. This particular study found that not only are marine mammals – such as seal, walrus and whale – safe food sources with low levels of environmental toxins for pregnant women, but these traditional foods also provide a significant source of vitamin D, which can help promote positive health for both mother and baby. With Tribal leadership, programs promoting the health benefits of traditional foods are part of the strategy for statewide



Alaska Native health.

Since then, ANTHC has continued to create preventative health services that preserve and promote traditional foods knowledge that builds on our Alaska Native culture of health. Our Diabetes and Cancer programs have published cookbooks that show how traditional foods can be incorporated into a healthy eating plan when confronting disease. ANTHC began providing administrative services for the first federal Food Distribution Program on Indian Reservations communities in 2008 to help bring in foods for low-income families to supplement

See Page 7, **Traditional**



### ANTHC traditional food and nutrition programs and resources

- Traditional foods menu at the Alaska Native Medical Center
- ANTHC Cancer Program "Traditional Foods Guide"
- ANTHC Diabetes Program "Hunt, Fish, Gather, Grow" cookbook
- ANTHC Health Promotion "Store Outside Your Door" recipes and videos
- ANTHC Health Promotion community food and nutrition events
- ANTHC Food Distribution Program on Indian Reservations
- ANTHC Elder Program traditional foods potlucks
- Alaskan Plants as Food and Medicine symposium and regional events



### Traditional Continued from page 6

a traditional diet. The ANTHC Health Promotion "Store Outside Your Door" project used recipes and video to promote the knowledge and use of traditional foods for new generations. Our Alaskan Plants as Food and Medicine Symposium has spurred new interest in traditional foods and regional programs across Alaska.

Further, our Alaska Native people can enjoy traditional foods as part of their health care. At the Alaska Native Medical Center, you can find patients and visitors enjoying a variety of traditional foods from our Alaska Native cultures. People dining in the cafeteria can order fry bread, a number of meals with salmon and reindeer, halibut, cod, and our Patient Housing Café has a wide variety of new ways to enjoy traditional foods, such as beach asparagus and fiddlehead fern pizza! Our Elder Outreach Program hosts regular traditional foods potlucks for our Elders at Anchorage-area care facilities.

Healthy eating is one of the building blocks for a healthy life. Tribal leadership at ANTHC has helped place traditional foods in a prominent place in our health care and services.

### Hear from ANTHC staff in our Traditional Foods video story

Visit ANTHC's YouTube Channel at [www.youtube.com/user/ANTHCToday](http://www.youtube.com/user/ANTHCToday)



### Learn more about ANTHC's 20 years of history

For more information on ANTHC's 20 years in operation, see our 2017 annual report at [anthc.org/2017annualreport](http://anthc.org/2017annualreport) and the 2017 annual video at [anthc.org/2017yearinreview](http://anthc.org/2017yearinreview).



HEALTHY HOMES & COMMUNITIES

More affordable water and sanitation services in Chevak and Noorvik

ANTHC's efforts have helped make water and sanitation service more affordable for the residents of Chevak and Noorvik, two Alaska Rural Utility Collaborative (ARUC) member communities in western Alaska. Monthly water and sewer rates in Noorvik decreased from \$175 to \$157.50 per month in the last year, while Chevak rates decreased from \$165 to \$85 per month in the last two years. Reduced energy costs and more customers were key to lowering rates.

Both communities saw large cost savings from energy efficiency projects implemented with help from ANTHC's Rural Energy Initiative. Chevak projects include using excess heat from the electrical power plant and excess electricity from community wind turbines, as well as efficiency improvements to the vacuum sewer system. Noorvik projects include using excess heat from the electrical power plant, vacuum sewer efficiency improvements and solar panels

installed by the Northwest Arctic Borough. An increase in the number of customers also helped lower rates in each community. Rates are set so that all customers share the total operating cost of the water and sewer system. The more these costs are shared, the lower the rate. Also, as rates become more affordable, more residents connect to water and sewer. In Chevak, for example, 96 percent of homes have been connected. In Noorvik, 81 percent

of homes are connected. These connections help with a community's overall health. Studies in rural Alaska communities have clearly demonstrated water and sanitation services improves health for entire communities. Thus, connecting homes to water and sewer is another way of fulfilling ANTHC's vision that Alaska Native people are the healthiest people in the world.

Healthy Foods, Healthy Recipes: Herring Egg Salad

Herring eggs are a good source of protein. They are heart-friendly and low in fat and sodium.



HERRING EGG SALAD

INGREDIENTS

- 1-2 cups herring eggs, blanched
- 1 bunch spinach
- ¼ cup carrots, grated
- 1 ½ green onions, finely chopped
- ¼ cup radishes, grated
- ½ cup grape tomatoes, halved
- ½ cup mayonnaise (or your dressing of choice)
- Juice and zest of 1 lemon

PREPARATION

1. Mix spinach, carrots, green onions, radishes and tomatoes together well.
2. Add 1-2 cups of blanched, cooled herring eggs.
  - Make sure herring eggs are nice-sized portions, not large clumps.
3. Add lemon juice and zest.
4. Top with mayonnaise or your choice of dressing. Other suggestions include salad dressings, soy sauce, oil and vinegar.

Herring eggs are considered an Alaska Native delicacy and sometimes referred to as "Tlingit caviar."

They are harvested either on ribbon kelp or hemlock branches submerged in an area where herring are known to spawn.

Our vision is that Alaska Native people are the healthiest people in the world. Learn more at [www.anthc.org](http://www.anthc.org).



ALASKA NATIVE MEDICAL CENTER

If I am from out of town and not feeling well, where do I go?

Over the past few years, the Alaska Native Medical Center has continued to grow to meet the needs of our people. Our latest addition to the Alaska Native Health Campus is a new specialty clinic, the Walk-in Clinic. The clinic opened on Jan. 22, and is located on the third floor of the Healthy Communities Building, 3900 Ambassador Drive.

ANMC Walk-in Clinic

- First-come, first-serve visits for traveling patients
- Monday – Saturday, 9 a.m. to 9 p.m.
- Sunday, 10 a.m. to 6 p.m.
- (907) 729-1500

nurse practitioners, nurses and certified medical assistants to provide you with the best care.

The Walk-in Clinic operates on a first-come, first-served basis, no appointments needed. The clinic is open Monday – Saturday from 9 a.m.-9 p.m. and Sunday from 10 a.m.-6 p.m. and can be reached at (907) 729-1500. The

Emergency Room or call 911 (9-911 if you are on the Alaska Native Health Campus).

Another option, the Internal Medicine Clinic, is also located on the third floor of the Healthy Communities Building; call (907) 729-1500 to make an appointment. Internal Medicine also has a Same Day Clinic for out-of-town patients, where an appointment can be made to come in same day.

The Internal Medicine Same Day Clinic is also available for patients seen in Walk-in Clinic that may need additional care, such as chronic disease management or assessment. Our staff are happy to arrange appointments for your convenience.

We are pleased to offer our people several options for same day health care services, whether you are visiting the Walk-in Clinic, the Internal Medicine Same Day Clinic or the Emergency Room. Our staff look forward to serving you and getting you back to feeling your best.

The Walk-in Clinic is for out-of-town patients who need medical care for minor illnesses and injuries, such as a fever and dehydration, sore throat, ear or sinus infections, colds, urinary tract infections, flu, high blood pressure, or need medication refills. The Walk-in Clinic can also complete sports or school physicals, as well as Department of Transportation physicals. The clinic is staffed with

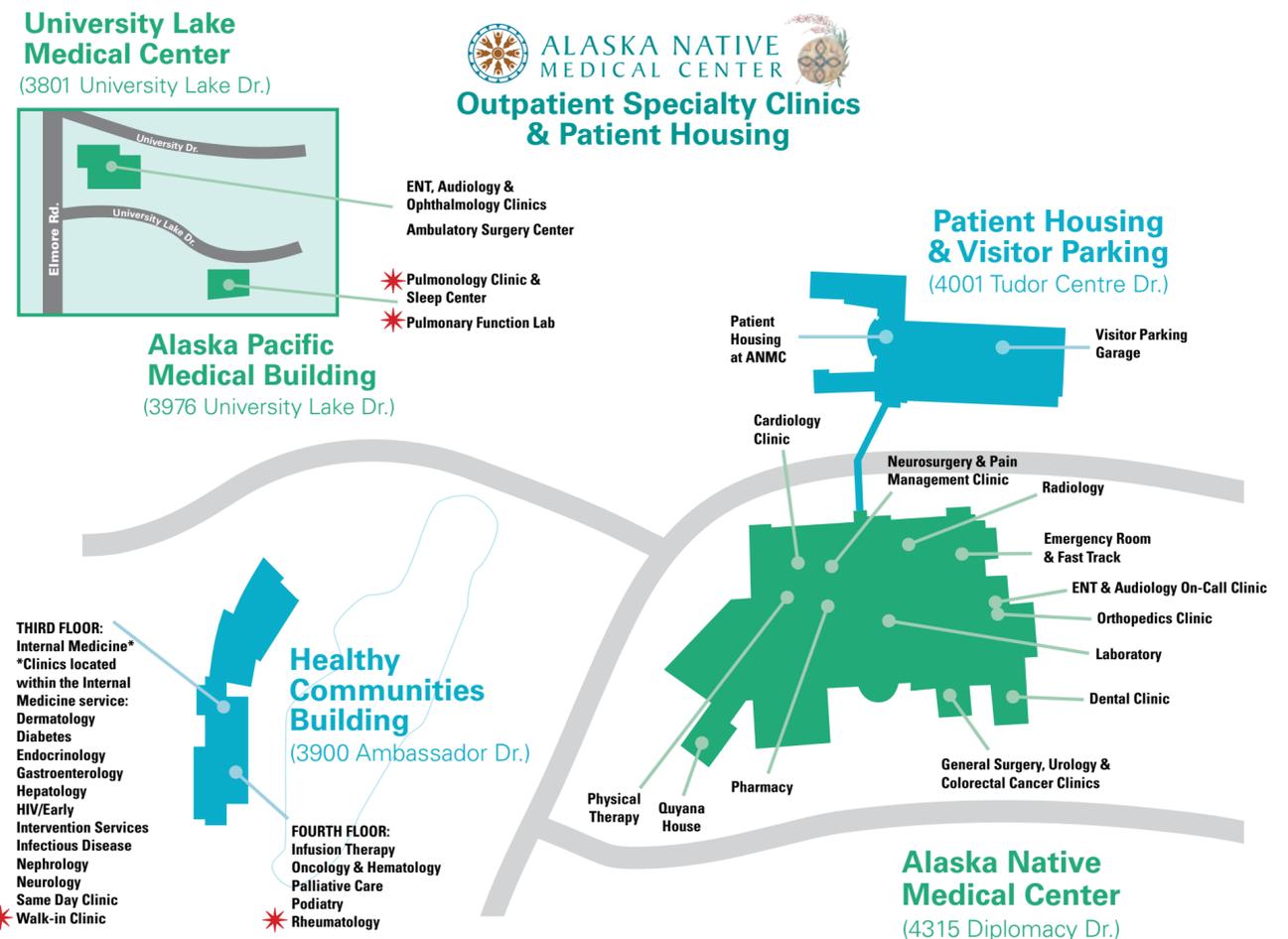
Walk-In Clinic is happy to offer our valued patients another easily accessible and rapid treatment option.

With the numerous options available for care, it can be overwhelming to know where to seek care for your current symptoms or medical needs. If you are experiencing a medical emergency, such as severe chest pain, worst headache of your life, severe shortness of breath, traumatic event, thoughts of harming yourself or others, please go to the nearest

The map below shows ANMC outpatient clinic locations.

A "\*" indicates a new clinic or a clinic that has recently moved locations.

If you are unsure of where to go for your appointment, call ANMC toll-free at 1-855-482-4382.



## ALASKA NATIVE MEDICAL CENTER

# ANMC celebrates its hardworking, talented nursing staff during National Nurses' Week

Since 2003, the Alaska Native Medical Center has been Alaska's only Magnet®-recognized hospital, which acknowledges high quality patient care, nursing excellence and innovations in professional nursing practice. Our nurses display their commitment and excellence through professional development and evidence-based practice at ANMC. In addition to their work and education, many of ANMC's nurses participate in shared governance and the Magnet journey — ANMC is currently in the process of applying for its fourth designation.

In May, ANMC will celebrate and thank our nurses during National Nurses' Week, which is celebrated annually from May 6, National Nurses Day, through May 12, the birthday of Florence Nightingale, the founder of modern nursing.

ANMC nurses are known for going above and beyond in their work, and that dedication is one of the reasons why ANMC has remained Alaska's only Magnet-recognized hospital for the last 15 years. More than 550 nurses work in the ANMC hospital and across the Consortium, making up a quarter of our workforce.

Our nurses are viewed as respected partners, collaborators and leaders. They are constantly seeking ways to improve the services and care we provide, from processes and initiatives to technology and equipment. Many of our nurses continually strive to strengthen and expand their own skills, as well. More than 175 ANMC nurses have national specialty certifications, with many nurses holding multiple certifications.

In an effort to further recognize our nurses for their outstanding work, ANMC partnered with the DAISY Award, an international program that

rewards and celebrates the extraordinary clinical skill and compassionate care given by nurses every day. ANMC presents the DAISY Award quarterly to a RN who regularly goes above and beyond in the care they provide.

The DAISY Foundation was established in 1999 by the family of J. Patrick Barnes, who died of complications of the autoimmune disease Idiopathic Thrombocytopenia Purpura. DAISY is an acronym for Diseases Attacking the Immune SYstem.

## 2017 DAISY Award winners Rachel Campanella, Critical Care Unit

Eight-year ANTHC employee, Rachel Campanella, was nominated by the wife of one of her patients, who wrote the following about her: "Rachel is very thorough in explaining what [my husband's] medications are for. She helped me understand my husband's illness more than anybody has since our first admission to the unit. She always lets me know what she is doing when she interacts with my husband, whether it be administering medications or just to turn him."

In response to being presented the DAISY Award, Campanella said, "I remember hearing about the DAISY Award as a brand-new nurse, and wishing I could reach that level of excellence one day. Receiving this award makes me feel hopeful. Knowing I connected with a family in such a way confirms that I am making the impact I strive for. I feel accomplished and truly humbled. I'm just so thankful to be a significant part of this man and his family's journey to healing."



Rachel Campanella, Critical Care Unit



Kim Tantanella, Medical-Surgical Unit

## Kim Tantanella, Medical-Surgical Unit

Kim Tantanella, an Alaska Native RN and five-year ANTHC employee from Akiachak, received two separate nominations from her fellow nurses for the DAISY award. They wrote the following about her: "Kim is always offering her help to other nurses. She is very compassionate toward staff and patients. Always willing to take the time to stop and listen to patients and staff. Kim's patients always receive the best care and she always goes above and beyond when it comes to patient care. There is no one story that I could share that depicts Kim as a whole, rather her everyday actions speak volumes for her character. She is very knowledgeable and confident in the care she provides to her patients and fellow staff members. She never hesitates to offer a helping hand and you can feel her sincerity whenever you speak with her. Kim is proactive in her approach and provides care to the patients as a whole instead of focusing on their sicknesses."

On winning the DAISY Award: "It is an amazing honor and I can't believe I got it!" said Tantanella. "I really appreciate my coworkers and my director for the amazing teamwork atmosphere on 5 West. I love having the opportunity to serve the community I was born in along with other Alaska Native cultures."

See Page 11, Nurses



Elizabeth Hesse, Critical Care Unit

## Nurses

Continued from page 10

## Elizabeth Hesse, Critical Care Unit

Elizabeth Hesse was nominated by her fellow RN and colleague, Lauren Kennard, for her efforts in integrating palliative care practices in the ANMC Critical Care Unit (CCU). Kennard wrote, "For many years, ANMC lacked a solid palliative care program for inpatient clients. Frequent attempts were made by bedside nurses to address the lack of palliative care options, but nothing ever came to be. Beth not only saw this issue, but took it as a challenge to overcome and unlike anyone before her, she has made a difference. In the short weeks since palliative care practices have been piloted in the unit, I have seen so many benefits. Morale has improved unit wide, and we are providing better end of life care than we have ever provided in the past."

"I am very proud and honored to win this award," said Hesse. Every day I come to work, I strive to leave my patients in a better state than when I arrived. I work to go above and beyond my role to provide my patients and their families with the care they deserve. In a profession that is mostly thankless, I am ecstatic to be acknowledged for my hard work and dedication in making a difference."

## Stephani Davey, Critical Care Unit

Davey was nominated by the family member of a CCU patient for her exceptional care of the nominator's mother. Her nominator wrote, "Day in and day out, my family and I checked on my mother's progress, and Stephani has taken the extra step to keep us updated with no questions asked. As soon as she saw me or my family, she would greet us and give us updates. She is always friendly and helpful. I felt much better each day knowing my mother was in good care."

"I've always felt the DAISY award is presented to nurses who exhibit excellence in their practice. They are patient advocates, team players and passionate about nursing," said Davey. "It is an honor to be recognized as one of those nurses. Knowing that I connected with a patient and their family in such a big way is a huge privilege. I feel humbled and honored that I was able to be a part of this family's journey. I love working at ANMC! The CCU has given me so many opportunities to challenge myself and grow as a nurse. Our team is amazing to work with! We really value teamwork, respect and autonomy— I



Stephani Davey, Critical Care Unit

feel so privileged to be able to work with such a great crew!"

Patients, their families and fellow ANMC staff can nominate nurses for DAISY Awards. Nomination forms and collection boxes have been placed throughout the ANMC hospital.

Subsequent honorees will be selected quarterly and each DAISY Award honoree will be recognized at a public ceremony in her or his unit or department. For more information about the DAISY Award program, please visit [www.DAISYfoundation.org](http://www.DAISYfoundation.org). For questions about nominating an ANMC nurse, please email Kimberley Carr at [krcarr@anthc.org](mailto:krcarr@anthc.org).

## CARE + MANAGEMENT OF THE ALASKAN BURN PATIENT

A learning symposium for health care providers to improve patient outcomes

**MAY 7-8** | Alaska Pacific University  
Anchorage, AK

**FREE for Alaskan health care providers**

**Attendees will participate in interactive scenarios in burn and wound care, assessments, treatment, stabilization and transfer, along with instructor led learning sessions and discussion.**

### Online registration

Registration is limited and on a first-come, first-serve basis. [alaskanburnpatientsymposium.eventbrite.com](http://alaskanburnpatientsymposium.eventbrite.com)

### SpringHill Suites Anchorage University Lake

A limited number of rooms are available at a discounted rate. Follow the unique link on the registration page by April 15.

**Continuing education credits and limited travel reimbursement available.**

### Additional information on the registration page.

**Questions?** Please email Tony Rich at [aerich1@anthc.org](mailto:aerich1@anthc.org).

Presented by the Alaska Native Tribal Health Consortium and Harborview Medical Center with funding from the Department of Health and Human Services System through the Division of Public Health.

## HEALTHY ALASKA NATIVES FOUNDATION

# 2018 Luminary Awards

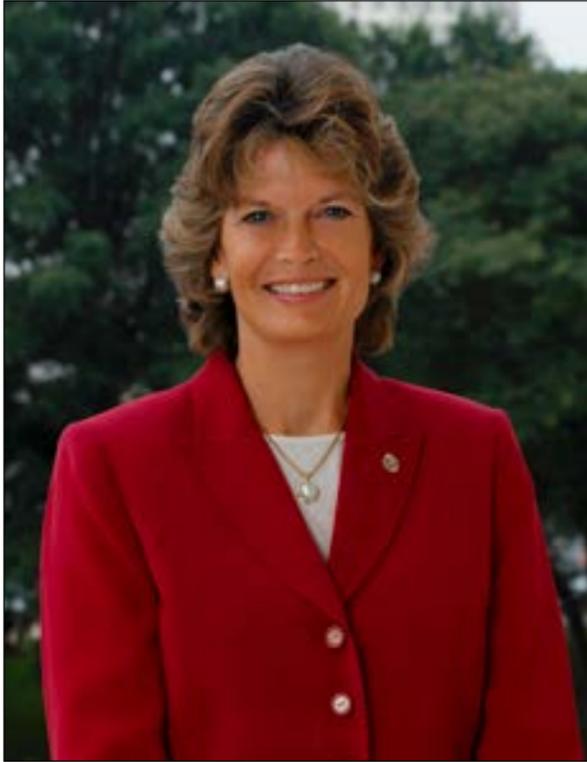
The Healthy Alaska Natives Foundation, the Alaska Native Tribal Health Consortium's charitable arm, hosted the 11th annual Raven's Ball on March 24 at the Hotel Captain Cook in Anchorage. The Raven's Ball has garnered the reputation as one of Alaska's most elegant black-tie celebrations and vibrant fundraising events for Tribal health.

An annual highlight of the 2018 Raven's Ball will be the presentation of the Luminary Awards. Each year, the Luminary Awards recognize individuals for their dedication and outstanding contributions to the Alaska Tribal Health System and their communities. The Foundation Oversight Committee is pleased to announce the recipients of the 2018 Raven's Ball Luminary Awards:

The President's Legacy and Leadership Award will be presented to Senator Lisa Murkowski, U.S. Senator for Alaska. Senator Murkowski has been a longtime supporter and friend of the Alaska Tribal Health System. Through her various congressional committee assignments, she has enacted legislation and provided critical federal funding to improve the health and lives of Alaska Native people. Senator Murkowski was instrumental in getting the Indian Health Service (IHS) to settle its contract support cost claims with Tribal health programs. She secured additional funding for the severely underfunded Village Built Clinic Lease Program and has been an unparalleled champion of sanitation infrastructure in rural Alaska. In 2017, her brave vote against the Affordable Care Act (ACA) repeal efforts protected health care access for tens of thousands of Alaskans and the continued vitality of the Alaska Tribal Health System, by ensuring Alaska would not be negatively affected by cuts to Medicaid and ACA Marketplace subsidies.

A Distinguished Provider Award will be presented to Aurora Johnson, Norton Sound Health Corporation Dental Health Aide Therapist (DHAT). Prior to the Dental Health Aide Therapist Program, there was a lack of adequate dental care in rural Alaska. With the goal of improving dental health in her community, Johnson uprooted her family and moved to New Zealand for two years to be a part of the first cohort of Alaskan DHATs. Following her training program, she moved back to Unalakleet in 2006 and has initiated an active prevention program and provides her community with restorative care. She has positively affected oral health outcomes in the region, teaching patients to care for their teeth, lowering the rates of tooth decay and improving overall health. Johnson has transformed the dental health in her region through the services she's provided and a tireless dedication to her community.

A second Distinguished Provider Award will be presented posthumously to Julie McNulty, RN, PhD, CPHQ, Alaska Native Tribal Health Consortium. McNulty was a visionary, dedicated, passionate and hard-working nurse leader who worked in the Alaska Tribal Health System – first at the Alaska Area Native Health Service and later the Alaska Native Tribal Health Consortium – from 1993 until her death in March 2016 following a brave 18-month battle with cancer. She left a lasting legacy on health care in Alaska and was the driving force behind ANMC receiving Magnet designation in 2003,



**President's Legacy and Leadership Award:** *Senator Lisa Murkowski*



**Distinguished Provider Award:** *Julie McNulty, RN, PhD, CPHQ (posthumously)*



**Community Spirit Award:** *Wilson Justin, Chistochina*



**Distinguished Rural Provider Award:** *Aurora Johnson, DHAT (pictured in 2004 during her first year of DHAT training)*

which is the highest honor bestowed to a health care organization for nursing excellence and awarded to only 8 percent of hospitals in the U.S. McNulty was a mentor to nurses, pioneering both the Nursing Internship Program and the multidisciplinary Preceptor Development Program to strengthen nursing both at ANMC and throughout the national Tribal Health System. Her published research on Cancer Survivorship in Rural and Urban Adults leads us to challenge long-held beliefs about the role of support for cancer survivors. Her efforts towards improving nursing research, evidence-based practice, nursing quality and community partnerships are immeasurable but felt throughout Alaska – in the programs she helped implement, the nurses she mentored and the quality health care delivered in our communities.

The Community Spirit Award will be presented to Wilson Justin, community activist. Justin has dedicated his life to community health, education, and support and outreach programs. He is an outstanding advocate for culturally responsive

education, especially health and wellness related education within the Alaska Tribal Health System. For over two decades, he has worked to bridge the distance between western medicine, traditional medicine and overall well-being. He has been a dedicated, unpaid volunteer and featured guest speaker, sharing his wisdom with many people. Justin is an adjunct professor for the University of Alaska Fairbanks and the University of Alaska Anchorage, teaching courses such as Tribal Government in Alaska, a variety of Tribal court and justice courses, and Alaska Native cultural values. Justin helped move programs forward at the Mt. Sanford Tribal Consortium, where he was the Health Director for 17 years. Wilson has mentored many Alaska Native scholars and leaders and has made life-long education and community service a way of life.

For more information on the 2018 Raven's Ball Luminary Awards, Raven's Ball sponsorship and table information, or the Healthy Alaska Natives Foundation, please call (907) 729-5652 or visit [www.inspiringgoodhealth.org](http://www.inspiringgoodhealth.org).