October - December 2019

**Dental Health Aide Education Program celebrates largest graduating class**

Ten Dental Health Aide Therapists graduated from the Alaska Dental Therapy Education Program, a partnership between the Alaska Native Tribal Health Consortium and Iḷisaġvik College.

This summer, family and friends gathered in Anchorage to celebrate 10 new Dental Health Aide Therapists (DHAT), the largest graduating class from the Alaska Dental Therapy Education Program (ADTEP) to date.

“As we begin the celebration of 15 years of DHAT practice in Alaska, it is fitting that this is our largest class, with 10 graduates,” said Dr. Mary Williard, Director of Oral Health Promotion, who helped create ADTEP. “The success of our DHAT education program has been documented, showing that the work of Dental Health Aide Therapists helps to significantly decrease the rate of severe dental disease while increasing the amount of preventive services available for our Alaska Native people, often within their own communities.”

The program in Alaska is now being utilized as a dental care solution for Tribes in other states, with a growing number of students enrolling from out of state.

“It is also exciting to note that seven of this year’s graduates are from Tribal communities outside of Alaska. These graduates will go on to help erase the oral health inequities suffered by too many Alaska Native and American Indian people around our county and beyond,” said Williard.

More than 40,000 residents across Alaska rely on ADTEP graduates to provide oral health care without traveling long distances from their home communities. Without DHATs, the geographic challenges can result in people of all ages not receiving routine services such as cleanings or X-rays.

“This program brings with it the knowledge and abilities that will change the care our communities

See Page 3, DHAT
ANMC
ANMC rolls out new patient surveys – help us improve our quality of care

After you or a loved one return home from a visit to the Alaska Native Medical Center, you will receive a survey via mail, text or email from Press Ganey asking you to answer some questions about your visit. You may have wondered why you received an email or text – and if you should answer.

“ANMC leadership values our patients’ feedback and encourages our people to complete these surveys,” said Allison Kros, Vice President of Customer Experience. “Knowing where we are meeting or exceeding your expectations, and where there is room for improvement is very helpful information for us in serving our people well.”

Previously, only adult inpatients received mail surveys for feedback after a hospital stay. Now, in addition to adult inpatients who were recently discharged, our expanded survey areas include: Outpatient Ambulatory Surgery Center (survey via mail); Outpatient Specialty Clinics (survey via mail and text/email); the Emergency Room (survey via mail and text/email); and Inpatient Pediatrics (survey via mail and text/email).

The e-survey link is sent by email or text message and leads to a personalized welcome page for an online survey. Patients will use their date of birth to verify who is completing the survey.

Patients that do not return the e-survey within five days will receive a second notification and opportunity to provide feedback.

These new surveys focus on topics including: Access to care, care coordination, careful listening, courtesy/respect, engagement/

patient-centered care, loyalty, patient education, responsiveness, safety, cleanliness, pain management and privacy.

The surveys are quick to fill out – they take less than 10 minutes to complete. Your unique patient experience and feedback matters to us and your feedback will be used to improve the care you receive from us in the future. Your personal information and feedback is confidential and helps us identify areas for improvement.

At the Alaska Native Medical Center, we strive to provide high-quality, compassionate care to all of our patients and their families. By participating in patient surveys via our survey vendor Press Ganey, you help us make improvements to the care we provide. Thank you for choosing ANMC for your care.

For more information on inpatient and outpatient surveys, please email CustomerContact@anthc.org.

DHAT
Commander Amanda Sialufi (right), of Kotlik in the Yukon-Kuskokwim region, was one of three students to finish the first year of training and earn the white coat, presented by Dr. Mary Willard (left) of ADTEP and Amanda Shalafi (right), Dean of Students for Iḷisaġvik College.

“The Consortium and Iḷisaġvik College collaborate in facilitating ADTEP, which is one of three oral health aide education programs offered through ANTHC. In addition to ADTEP, the Consortium has trained behavioral health aides and community health aides for many years. Each program offers Alaska Native centered learning, dedicated to expanding culturally appropriate health care at the village level.”

Learn more about the Alaska Dental Health Aide Education Program at anthc.org/alaska-dental-health-aide-education-program.

Your flu vaccine protects me
My flu vaccine protects you

• The flu vaccine is safe. You can’t get the flu from a flu vaccine.
• Pneumonia and flu are a leading cause of death among Alaska Native and American Indian Elders.
• Please get a flu vaccine each year to protect you and your family.

Learn more at www.cdc.gov/flu or call 1-888-CDC-INFO

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Earlier this spring, the Partnering for Native Health Program (PNHP) entered the World Justice Challenge: Access to Justice Solutions, a global competition aimed to “identify, recognize and promote good practices and successful solutions to improve access to justice.”

PNHP is a collaborative effort between the Alaska Native Tribal Health Consortium (ANTHC), the Alaska Legal Services Corporation (ALSC), and Alaska Pacific University (APU). The program trains health providers to screen patients for potentially health-harming legal needs and treat those needs by developing a legal treatment plan. This way, patients are assisted as a health tool, preventing or treating needs that may negatively impact their health. The medical-legal partnership program between the Alaska Native Health Medical Center (ANMC) and ALSC, as well as several other Tribal health organizations both in Alaska and the Lower 48, began in the summer of 2016. The partnership aims to improve the health of Alaska Native and American Indian people by reducing legal hardships brought on by social or environmental factors, which can have a negative impact on overall wellness.

Since the program’s inception, legal aid “extenders,” or alternative ways for Alaska Native and American Indian people to have equal access to the civil legal services, were determined to be a significant need in the Tribal health care system. As a result, PNHP was developed, and has grown into a globally recognized program.

“It is really wonderful to see the great work that is happening in Alaska through our strong community collaborations and partnerships be recognized as a potential solution to access to justice challenges worldwide,” said Nikole Nelson, Executive Director, Alaska Legal Services Corporation. “Too often, Alaska Native people are not able to get the help they need to address legal issues that impact their health.”

Utilizing technology to unite health care and education will promote legal equity and fairness for indigenous people, especially in remote and rural areas, and will continue to improve lives across Alaska and beyond.

“Teamwork with ANTHC and APU has given us the opportunity to learn from our partners and rethink and redesign Alaska’s civil legal aid delivery system,” said Nelson, who attended the award ceremony, with Izzie Williamson, Medical Legal Partnership Director. “We hope this award will help us bring the full scope of our vision for a people-centered justice ecosystem that is fully accessible to all Alaskans no matter their means or how far they live from the court house, to reality.”

Currently, the Partnering for Native Health Program provides legal support in 233 Tribes, through 53 locations throughout Alaska and the Lower 48.

For more information on the program, visit worldjusticeproject.org/world-justice-forum/science-justice-challenge-2019

**ALASKA NATIVE MEDICAL CENTER**

**Allergy and Immunology Clinic at ANMC now open**

Specially services at ANMC is proud to announce the addition of ANTHC’s 35th specialty service: Allergy and Immunology Clinic at ANMC. This new specialty service is located within the Internal Medicine Clinic, on the third floor of the Healthy Communities Building.

The Allergy and Immunology Clinic cares for patients of all ages. Providers can refer for a variety of allergy and immunology issues.

Dr. Baruch Friedman is Board-certified allergist-immunologist with almost 30 years of experience. Prior to joining ANTHC, he was the former Chief of Allergy/Immunology at the MedStar Good Samaritan Hospital in Baltimore as well as an assistant professor for the Johns Hopkins Allergy/Immunology division.

Dr. Friedman was awarded by the American Academy of Allergy and Immunology for excellence as part-time faculty.

Dr. Friedman’s commitment to helping allergy and asthma patients comes from personal experience. “Having been sidelined with severe allergies throughout my childhood, it has become my mission to make sure all my patients remain comfortable and functional throughout the respective allergy season.”

Dr. Friedman also ran a part-time faculty clinic at the Johns Hopkins Allergy and Asthma Center that was designed to provide a more optimal teaching experience for the allergy fellows in training. Dr. Friedman performed inpatient consultations at Johns Hopkins to assist in the training of the allergy/immunology fellows.

**Clinical information and referral process**

The Allergy and Immunology Clinic hours are 8 a.m.-4 p.m., Monday-Friday. Dr. Friedman is also available for inpatient consultations.

To refer to the Allergy and Immunology Clinic, primary care providers should utilize the Internal Medicine Clinic referral process. The referring provider should indicate on the referral that it is for the Allergy and Immunology Clinic. The referral will then be redirected to the allergy scheduler. At this time AFHCAN/telederm referral option is not available, but will be in the future.

If providers or staff have questions about the referral process, they are encouraged to reach out to our scheduler at 729-2053. The RN Case Manager can be reached at 729-4332.

**Heading back to school?**

Get VACCINATED!

**The Walk-in Clinic at ANMC**

Open seven days a week!

ANMC’s Walk-in Clinic is for patients of all ages who have an illness or injury that needs immediate care but are not experiencing a medical emergency. Here are some reasons to visit the Walk-in Clinic at ANMC:

- Medication refills
- Fever
- Sore throats and colds
- Urinary tract infections
- Cuts and minor skin infections
- STI testing

Located on the third floor of the Healthy Communities Building, 3900 Ambassador Drive

Open Monday-Saturday from 9 a.m.-9 p.m. and Sunday from 10 a.m.-6 p.m.

Phone: (907) 729-1500
HEALTHY PEOPLE AND PREVENTION

Helmets On: Lessons from New Stuyahok following near-fatal crash

New Stuyahok sits on the quiet, rolling hills above the Nushagak River in the Bristol Bay region of southwest Alaska. Like many rural areas in the state, New Stuyahok residents rely on skills, snowmachines and all-terrain vehicles (ATVs) for their subsistence hunts and day-to-day travel within the community. There are trucks in New Stuyahok, but they are about as rare as tall trees on the tundra.

Following an ATV crash that impacted the entire community, Tribal leaders and the Chief Ivan Blunka School partnered with Alaska Native Tribal Health Consortium to bring ATV safe riding and helmet education to the entire student population, kindergarten through 12th grade. “Community members reached out to build a partnership with ANTHC, both with the Trauma department and Injury Prevention, to help come up with a plan,” said Dr. Elisha Brownson, ANMC Trauma Medical Director. “This included engaging the community with education about ATV crashes, as well as building a curriculum for students to learn about ATV safety.”

ANTHC Injury Prevention built a lesson plan, adapting Arkansas Children’s Hospital ATV safety material, specifically for an Alaska Native youth audience. Following a community needs assessment meeting, ANTHC Trauma and Injury Prevention partnered with Bristol Bay Area Health Corporation and gave ATV safety classes to two age groups: students grade 6-12 and kindergarten-5th grade. In total, 120 students went through the lessons and received helmets.

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Ingrid Stevens, ANTHC Injury Prevention Program Manager, gets a thumbs up from students for wearing a proper fitting helmet.

John Hanson, father of Jared who was severely injured in an ATV crash, gives an impassioned speech about the need to change the culture regarding helmet use and ATV safety.

Jared Hanson played video games with his younger brother, Joel. Jared was unable to play high school basketball during the entire 2018-19 season because he was still recovering from a traumatic brain injury that he suffered during his ATV crash.

During Chief Ivan Blunka School’s Discovery Week, students learned how to maintain and change the oil on all-terrain vehicles, also called Hondas in the community.

A student works on an all-terrain vehicle in Chief Ivan Blunka School’s workshop.

Elementary students feel padding on the inside of a helmet during their lesson from ANTHC Injury Prevention Program staff.

ANTHC sent a multi-disciplinary team from the Trauma department and the Injury Prevention Program to New Stuyahok to give the ATV safety classes. From left to right: Hannah Gibbs, ANMC Registered Nurse; Susan Romero, ANMC Pediatric Critical Care Nurse Practitioner; Dr. Elisha Brownson, ANMC Trauma Medical Director; Ingrid Stevens, ANTHC Injury Prevention Program Manager.

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**Health and Medical Services**

Stay safe from the flu this winter season

As cold and flu season is upon us, it’s time to take precautionary measures to keep ourselves and those around us healthy and safe from infection. The flu vaccination and practicing proper hand hygiene will help protect you and those around you. The influenza season in Alaska runs from about September–May, but usually peaks between December–March.

Get your flu vaccine as soon as it is available from your local health care provider. It is important for all people to get vaccinated for the flu to protect themselves, as well as our family, coworkers and community. In addition, influenza poses a greater risk to certain people like pregnant women, children and Elders – they are all at high risk for flu-related complications.

Many Tribal health organizations are running flu clinics across Alaska. Please check with your local facility for more information and to find a clinic near you.

Vaccination is safe and effective.

All vaccines undergo long and careful review by scientists, doctors, and the federal government to make sure they are safe. Thanks to a vaccine, one of the most terrible diseases in history – smallpox – no longer exists outside the laboratory. Over the years, vaccines have prevented countless cases of disease and saved millions of lives. If you have any questions about what vaccines you and your family should get, talk to your primary health care provider.

**Hand washing is important**

This time of year, it is also critical to practice proper hand hygiene. You should always wash your hands before, during, and after preparing food; before eating food; before and after caring for someone who is sick; before and after a cough or sneeze; after using the toilet; after blowing your nose, coughing, or sneezing; after touching a common household item or animal; after handling raw meat; and after touching garbage.

How should you wash your hands? Wet your hands with soap and water (warm or cold), turn off the tap, lather your hands by rubbing them together with soap, be sure to lather the backs of your hands, between your fingers, and under your nails; scrub your hands for at least 20 seconds. Need a timer? Think the “Happy Birthday” song from beginning to end twice; rinse your hands well under clean, running water; and dry your hands using a clean towel or air dry them.

If you don’t have clean, running water available to wash your hands, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol. To effectively use a hand sanitizer, apply the product to the palm of one hand (use the label to learn the correct amount); rub your hands together; and rub the product over all surfaces of your hands and fingers until your hands are dry.

Following these tips this time of year will help to ensure a safe winter season for you and those around you.

**Fight the Flu with Clean Hands!**

The most effective way to prevent seasonal flu is to get vaccinated, but good health habits like covering your cough and washing your hands can help stop the spread of germs and protect you from the flu. Here are some simple and effective steps to proper handwashing:

1. Wet Hands with Clean Running Water
2. Apply Soap
3. Lather Hands for at Least 20 Seconds. Need a timer? Think the “Happy Birthday” song from beginning to end twice.
4. Rinse Hands with Clean Running Water
5. Dry Hands with Clean Paper Towel or Air Dry
6. Use Soap Only After Touching Garbage, Trash, Animals, or Food
7. Avoid Touching Face

For more health tips and information, visit anthc.org.

**Healthy People and Prevention**

Are you ready to quit tobacco? Is vaping as harmful as cigarettes?

**Set a Quit Goal for This Year’s Great American Smokeout**

Since the 1970s, the American Cancer Society has inspired people to quit tobacco through the Great American Smokeout (GASO). Every year, GASO is celebrated on the third Thursday of November, which falls on Nov. 21 this year.

 Quitting tobacco whatever it may be, smoking, chew or iqmik is hard. For some, even thinking about quitting is far from the top of the priority list. Research has shown that 70% of people who smoke want to quit, and that people who try to quit are more successful when they have support.

Thousands of people across the country take part in GASO every year and the American Cancer Society provides the support and resources to help those who are ready to quit. The ANTHC Tobacco and Prevention control program has planned events across the Alaska Native health campus to engage those considering making a plan and to offer knowledge to achieve that goal when they are ready. Visit authc.org/tobacco to find out how to make your plan to live a smoke-free life.

**New Tobacco Product Use on Rise with Teens**

Teen vaping is growing at a staggering rate in the Lower 48. While it is more difficult for youth to get the devices to rural areas of Alaska, it is certainly possible. As adults, we can be informed about these harmful devices and what they look like to have healthy conversations with those we love.

The ANTHC Wellness and Prevention program is working with partners to engage youth ambassadors to help their peers understand the harms that e-cigarettes contain.

The youth ambassadors will help spread messages through social media and digital videos. If you know a young person ages 18 to 21, who is choosing healthy lifestyle activities over vaping, please introduce us to them by emailing us at media@anthc.org.

**Vaping**

According to the CDC, vaping or e-cigarettes are the most commonly used tobacco product among U.S. high school students. The products are also referred to by a common brand of e-cigarettes called Juul. According to the website truth.com, one Juul pod contains 20 cigarettes worth of nicotine. Juuling or vaping is designed to inhale highly concentrated levels of nicotine in a way that doesn’t smell or taste like tobacco, but is still addicting, habit forming and linked to many emerging diseases. In fact, the delivery devices are easy to conceal, lightweight, often smell fruity or like candy, and can be shaped like a small USB thumb drive or other common household items.

According to the Center for Disease Control, e-cigarettes or vaping is the most commonly used tobacco product among U.S. middle and high school students and use among youth is on the rise as e-cigarette advertising grows.

Some vaping is growing at a staggering rate in the Lower 48. While it is more difficult for youth to get the devices to rural areas of Alaska, it is certainly possible. As adults, we can be informed about these harmful devices and what they look like to have healthy conversations with those we love.

**Thinking about quitting?**

Are you ready to quit tobacco? Is vaping as harmful as cigarettes?

**For Print Only**

If you know a young person ages 18 to 21, who is choosing healthy lifestyle activities over vaping, please introduce us to them by emailing us at media@anthc.org.
ANMC Orthopedics Clinic recognized as Alaska’s only “High Performing” specialty care program

The U.S. News & World Report recently recognized ANMC as the only “High Performing Hospital” in Alaska, in the area of orthopedics. The U.S. News & World Report, the global authority in hospital rankings, released the 2019-20 Best Hospitals rankings in July. The new and revised 30th edition provides an assessment on nearly every hospital nationwide that is designed to assist patients and their doctors in making informed decisions about where to seek care.

Spanning 25 adult specialties, procedures and conditions, the rankings for 2019-20 evaluated nearly every community hospital in the U.S. This year, only 165 hospitals out of more than 4,500 were nationally ranked in one specialty, with ANMC earning a nod for the excellent outcomes through the orthopedic specialty. The U.S. News Best Hospitals methodologies are based largely on objective measures such as risk-adjusted survival and discharge-to-home rates, volume, and quality of nursing, among other care-related indicators.

ANTHC continuously strives to provide Alaska Native people the best care in all of the specialty care clinics that we manage. Under the direction of the Board of Directors, improvements in patient care expansion of surgical services have been made at ANMC recently, resulting in improved patient outcomes, less recovery time, greater patient satisfaction and ultimately, nationally recognized excellence in orthopedic surgical care. Congratulations to our Orthopedics team for providing the high-quality care and excellent patient experience that bring important healing to our people that they serve.

Our vision is that Alaska Native people are the healthiest people in the world. Learn more at www.anthc.org.

Healthy Foods, Healthy Recipes: Cranberry Bison Pot Roast

Bison is an excellent source of protein, a good source of iron and is low in fat.

INGREDIENTS
4 pounds boneless bison roast
2 tablespoons olive or canola oil
2 tablespoons flour
1 teaspoon salt
½ teaspoon pepper
1½ cups beef or game broth stock
2 cups red onions, chopped
2 lbs potatoes, cleaned and diced into 1½-inch pieces
6 medium carrots, peeled and chopped into 1½-inch pieces
2 cups fresh low-bush cranberries

PREPARATION
1. Preheat 6-quart Dutch oven to roast. Heat olive oil over medium-high heat.
2. Combine flour, salt and pepper. Wipe roast with damp cloth and rub with flour mixture.
3. Brown meat on all sides.
4. Remove meat from pan and discard pan drippings.
5. Add beef or game broth stock, onions, potatoes, carrots and cranberries.
6. Return meat to pan and bring to a boil; simmer for 2½ hours. Turn the meat once or twice while cooking. Once tender, remove from liquid and onto platter. Cover and keep warm.
7. Skim excess fat from liquid in pan. Pour liquid into blender and blend one minute. Pour liquid through strainer back into pan.
8. Reheat; add seasoning if needed.
9. Pour sauce over meat and enjoy.

Bison are grazing animals and they find food along rivers, recently burned areas and sedge potholes. In the state of Alaska, there are four herds totaling about 900 bison. The largest herd can be found near Delta Junction and smaller herds are located near Farewell, Chitina River and Copper River areas. Bison hunts are amid the most popular drawing hunts.
HEALTHY COMMUNITIES

Mark your calendar! Spreading the holiday spirit on the Alaska Native Health Campus

Christmas and the holiday season are a cherished time to spend with our family and friends. Many of our patients who are visiting Alaska Native Medical Center for their care come from rural communities across the state and are away from their loved ones during the holidays. For our patients visiting from out of town, and those in the Anchorage area who would like to join us as we celebrate, each year ANTHC hosts a number of events throughout the holiday season.

We hope these events provide comfort for our people who are away from home during the holidays and a chance to connect with new friends. Please check ANTHC.org and our social media channels (including Facebook, Instagram and Twitter) for details about this year’s Christmas and holiday events.

PAST EVENTS INCLUDE
- Native People’s Bazaar
- Toys For Tots – U.S. Marines deliver stuffed toys for kids
- ANTHC Cultural Committee Annual Holiday Bake Sale – sales benefit a local nonprofit organization
- Eagle River Grace Church Choir sings Christmas songs
- Ronald McDonald House Store for Kids – kids “shop” for their parents and caregivers
- Gift Wrapping Party
- Quyana House & Patient Housing Christmas Party
- Santa visits Ronald McDonald House
- Anchorage Fire Department’s Santa Truck visits campus

Visit ANTHC.org or follow us on social media to learn more about our holiday events.