



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

OUR VISION:

**Alaska Native people are the
healthiest people in the world.**

Alaska Infectious Disease ECHO



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NPAIHB

Indian Leadership for Indian Health

HCV-HIV-PrEP-STIs

The ANTHC Liver Disease and Hepatitis Program, HIV Clinical Services, Behavioral Health Department and Southcentral Foundation's Pharmacists have partnered to host this ECHO, and it's funded by a grant from the Northwest Portland Area Indian Health Board.

Welcome to Alaska Infectious Disease ECHO – HCV, HIV, PrEP, STIs

Approved Provider Statements:



In support of improving patient care, Alaska Native Medical Center (ANMC) is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Contact Hours:

ANMC designates this activity for a maximum of 12 contact hours, including 3 total pharmacotherapeutics contact hours, commensurate with participation.

Financial Disclosures:

Youssef Barbour, MD & Lisa Townshend-Bulson, APRN / faculty for this educational event, are primary investigators in an ANTHC sponsored hepatitis C study funded in part by Gilead Sciences. All of the relevant financial relationships listed have been mitigated.

Requirements for Successful Completion:

To receive CE credit please make sure you have actively engaged in the entire activity, your attendance is recorded by the facilitator, and complete the course evaluation form found here: <https://forms.gle/18t4EgvN2WdnM4P77>



For more information contact
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We acknowledge the Dena'ina people, on whose traditional lands we gather.
We also acknowledge the Creator and all Indigenous people of Alaska. Thank you for your past and present stewardship of the waters, plants, animals and spiritual practices of this place.



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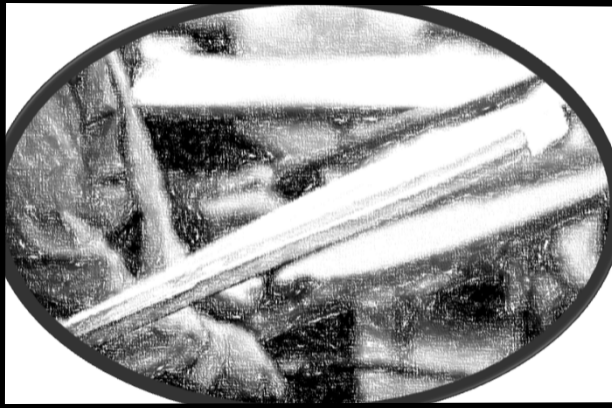
TRAUMA INFORMED CARE

Dr. Rebecca Volino Robinson

Licensed Clinical Psychologist

Director of the ANTHC Behavioral Health Wellness Clinic

Trauma-Informed Systems of Care



Rebecca Volino Robinson, Ph.D.
Licensed Psychologist & Director
Behavioral Health Wellness Clinic



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Objectives

- Define stressor, stress, chronic stress, acute stress, and traumatic stress.
- Describe the principles of trauma-informed care as they relate to stress and trauma.
- Name three strategies for “trauma-informing” one’s practice.

No relevant financial
interests to disclosure.

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graph TD; Realize --> Recognize; Recognize --> Respond; Respond --> Resist; Resist --> Realize;
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Realize

**Resist re-
traumatization**

Recognize

Respond

Trauma
Informed



Trauma
Specific

Point 1:

Trauma-informed care is different
that trauma-specific care.

Point 2:
Trauma-informed
care is good for
employees too

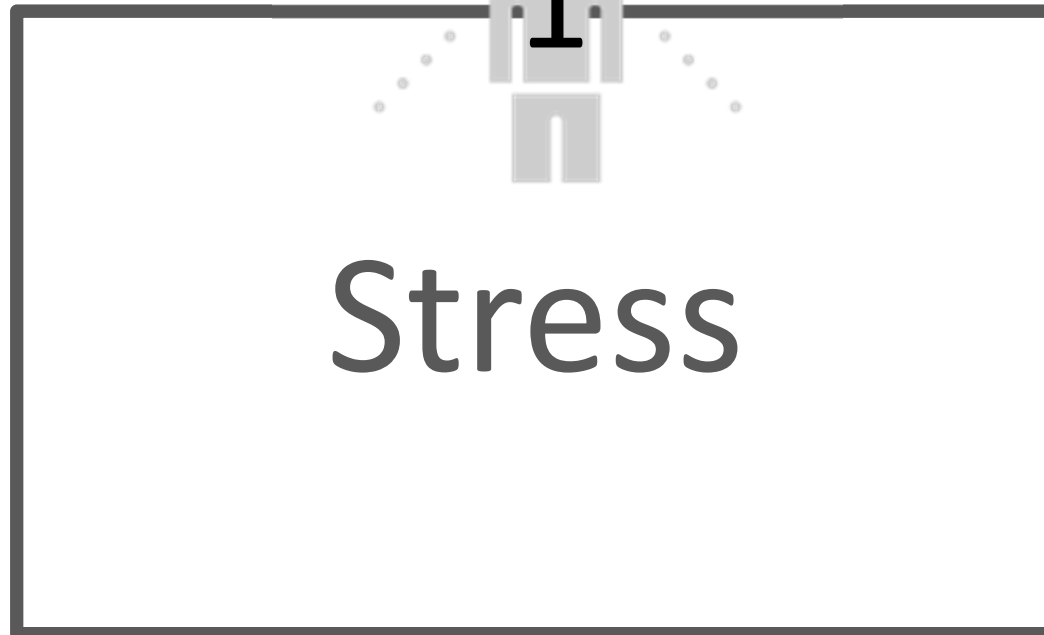


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You can process stress when stressors persist.

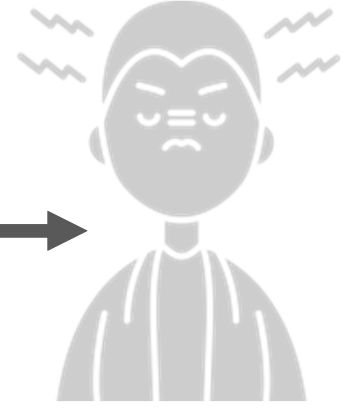
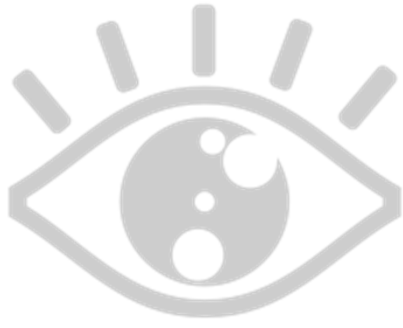
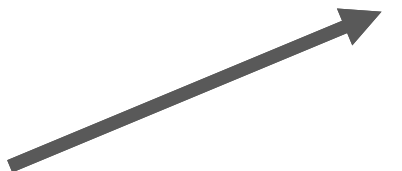
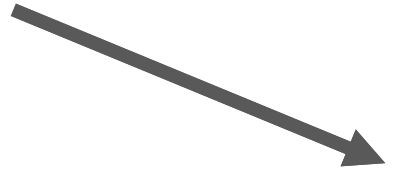


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3

Stress can persist after a stressor is gone.

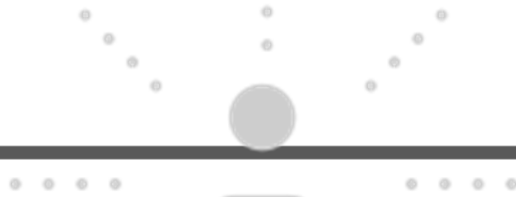


Stressor

Perception

Stress

Chronic
Stress



Acute
Stress



PARASYMPATHETIC NERVES

"Rest and digest"

Constrict pupils

Stimulate saliva

Slow heartbeat

Constrict airways

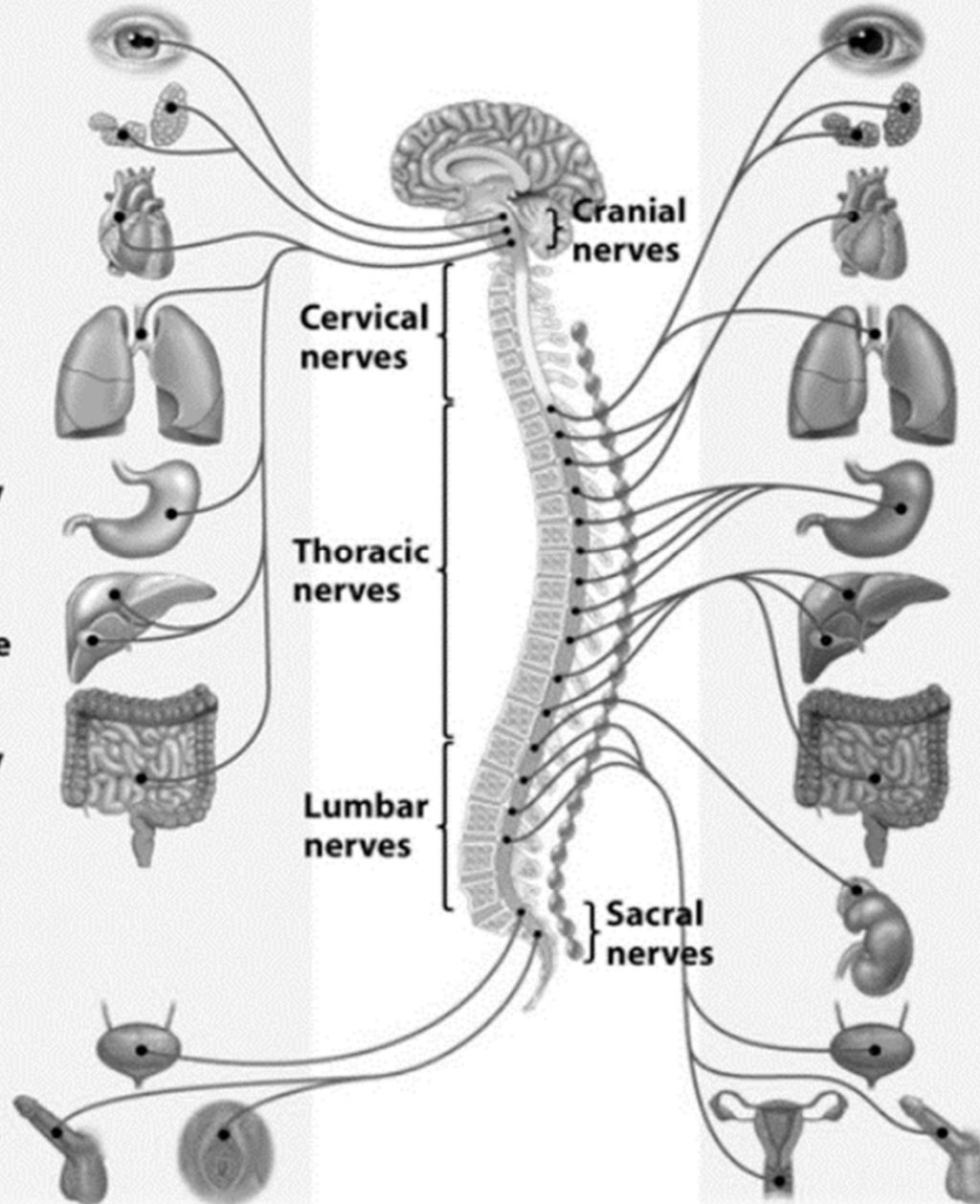
Stimulate activity of stomach

Inhibit release of glucose; stimulate gallbladder

Stimulate activity of intestines

Contract bladder

Promote erection of genitals



SYMPATHETIC NERVES

"Fight or flight"

Dilate pupils

Inhibit salivation

Increase heartbeat

Relax airways

Inhibit activity of stomach

Stimulate release of glucose; inhibit gallbladder

Inhibit activity of intestines

Secrete epinephrine and norepinephrine

Relax bladder

Promote ejaculation and vaginal contraction

Trauma disorders can best be understood as disorders of the sympathetic nervous system.

van der Kolk, 2014

People with Trauma Disorders

1. Spend more time in the fight or flight
2. Take less stress to trigger the alarm
3. Take longer to return to homeostasis

van der Kolk, 2014

Stuck in fight or flight.

van der Kolk, 2014

Signs of Trauma

- Fear, distrust, unpredictable personality
- Anger, aggression, extreme mood swings
- Detachment, withdrawal, memory problems
- Avoidance, impulsivity
- Substance use, self-destructive behavior
- Sleep and eating problems
- Difficulty focusing, planning, learning
- Chronic, unexplained pain

Guarino, Soares, Konnath, Clervil, & Bassuk, 2009

Principles of Trauma Informed Care



Safety



Trust



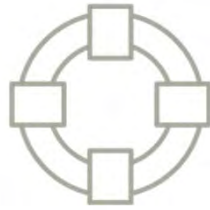
Choice



Collaborate



Empower



Safety

Lighting, noise level,
language.

Access to exits.

Overview
procedures.

Opportunities for
questions.

Be consistent.

Provide warm
handoffs to other
providers.



Trust

Allow a support
person to be
present.

Do not make
promises you cannot
keep.

Follow through on
your word in a timely
manner.

Acknowledge/take
responsibility for
miscommunication.

Respect patient
confidentiality.

Use grounding
strategies.



Choice

Attend to patient's
immediate needs.

Focus on patient's priorities
or hopes for treatment.

Book another appointment
if necessary.

Provide choice in provider
(i.e., gender, age,
background, experience,
personality).



Collaborate

Equalize power imbalances.

Allow the expression of feeling without fear of judgment.

Ask questions on a need-to-know basis.

Ask permission before asking a difficult question or starting a procedure

Have print information available.



Empower

Ensure informed
consent.

Brainstorm ways to
eliminate barriers.

Focus on strengths.

Provide genuine
positive
reinforcement.

Offer hope.

Commit to one thing ...

DIDACTIC PRESENTATION SCHEDULE

- October 12: Trauma-Informed Care
- November 9: Stigma with patient perspective
- December 14: HCV Epidemiology, Alaska Elimination Plan



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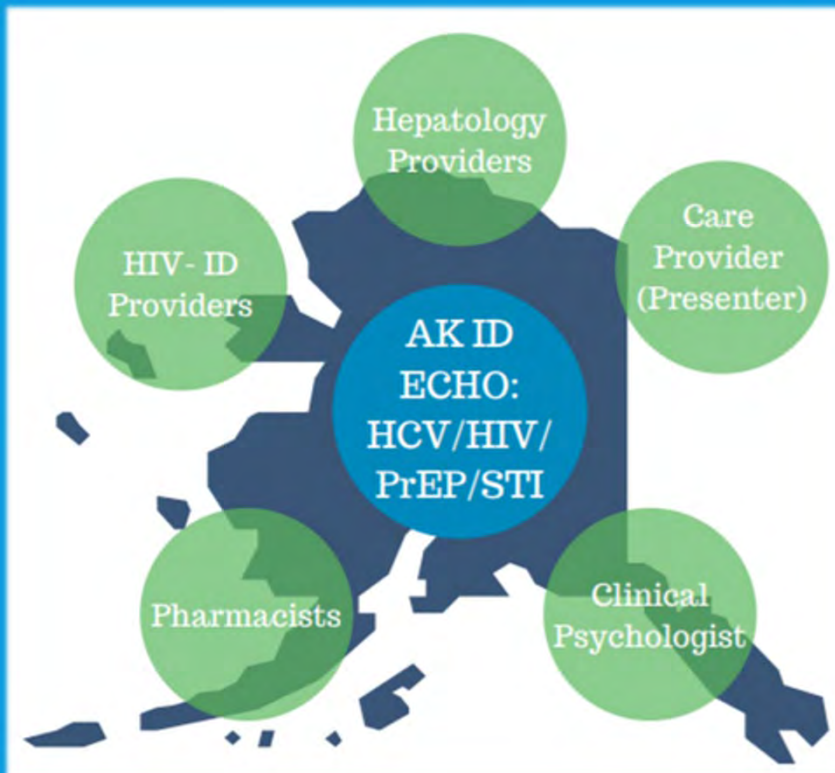


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*Didactic topics for 2022
What would you like to learn
more about?*

AK ID ECHO: CONSULTANT TEAM



- Youssef Barbour, MD Hepatologist
- Leah Besh, PA-C HIV/Hepatology Provider
- Terri Bramel, PA-C HIV/STI Provider
- Rod Gordon, R.Ph. AAHIVP Pharmacist
- Jacob Gray, MD Infectious Disease Provider
- Annette Hewitt, ANP Hepatology Provider
- Brian McMahon, MD Hepatologist
- Lisa Rea, RN HIV/STI Case Manager
- Rebecca Robinson, PhD Clinical Psychologist
- Lisa Townshend, ANP Hepatology Provider

ADDITIONAL LEARNING OPPORTUNITIES

ANTHC Liver Disease ECHO

- Third Thursday of every month from 12:00-1:00 PM AKDT
- anthc.org/project-echo/alaska-liver-disease-echo



ANTHC LiverConnect

- Second Tuesday of every month 8:00-9:00AM AKDT
- anthc.org/what-we-do/clinical-and-research-services/hep/liverconnect

Addiction Medicine ECHO

- Second and fourth Thursday of every month from 12-1:00 PM
- anthc.org/project-echo/addiction-medicine-echo



Indian Country ECHO Programs

- Harm Reduction ECHO
- Trans and Gender Affirming Care ECHO
- www.indiancountryecho.org/teecho-programs



ADDITIONAL RESOURCES

AASLD HCV Guidance: Recommendations for Testing, Managing and Treating Hepatitis C

- hcvguidelines.org

Hepatitis C Online (curriculum), University of Washington

- hepatitisc.uw.edu

National HIV Curriculum, an ATEC Program led by the University of Washington

- hiv.uw.edu

CDC's 2015 Sexually Transmitted Diseases Treatment Guidelines

- cdc.gov/std/tg2015

CDC's Pre-Exposure Prophylaxis (PrEP) overview and guidelines

- cdc.gov/hiv/clinicians/prevention/prep

UCSF Transgender Care

- transcare.ucsf.edu/guidelines



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ANTHC Early Intervention Services/HIV Program: 907-729-2907

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Thank you!

AK ID ECHO is supported by a grant from the Northwest Portland Area Indian Health Board and funding is provided from the HHS Secretary's Minority HIV/AIDS Fund.



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