

WELCOME TO AK LIVER DISEASE ECHO



This project 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.

PLEASE PUT IN THE CHAT BOX:

Your name

Where you are located

What brings you to the LD ECHO today

WHAT WE DO

- Didactic Presentations pertaining to ECHO topics
- We're accepting **case presentations and questions pertaining to:**
 - Elevated Liver Function Tests
 - Cirrhosis
 - Managing Complications of Decompensated Cirrhosis – Ascites, encephalopathy, esophageal varices
 - Alcohol-related liver disease, including Alcohol Hepatitis
 - Autoimmune liver disease – Autoimmune Hepatitis, Primary Biliary Cholangitis, Overlap
 - Nonalcoholic fatty liver disease/Nonalcoholic steatohepatitis
 - Hepatocellular carcinoma
- Provide Expert Panelists

CONSULTANT TEAM

- Brian McMahon, MD Hepatologist
- Youssef Barbour, MD Hepatologist
- Lisa Townshend, ANP Hepatology Provider
- Annette Hewitt, ANP Hepatology Provider
- Leah Besh, PA-C HIV/Hepatology Provider
- Anne Fleetwood, MS, RDN, NDN
- Brittany Keener, PharmD, MPH, BCPS
- Kena Desai, MD, Internal Medicine Specialist



Welcome to Alaska Liver Disease ECHO

Approved Provider Statements:



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

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/R8vibUZgMbRcoScw9>.



For more information contact
jlfielder@anthc.org or (907) 729-1387



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

LIVER DISEASE ECHO SCHEDULE AT A GLANCE

- October 20th – Screening for Alcohol Use Disorder
- November 17 - Medication Assisted Treatment
- December 15 - HCC Surveillance – Are We Doing Enough?

LAND ACKNOWLEDGEMENT

Out of great respect, we acknowledge the Creator of all living things and the original inhabitants upon whose traditional lands we respectively now gather or reside.

Let us, forever, remember the benefits and bounty of the vast resources that stem from these traditional lands, and thank the original inhabitants for their past and present stewardship of the resources (i.e., waters, plants, animals), and the spiritual practices which they cherish on the lands we now call home.

Trauma-Informed Care

Marianne Hammersley, LMSW, Behavioral Health Practitioner
Behavioral Health Wellness Clinic



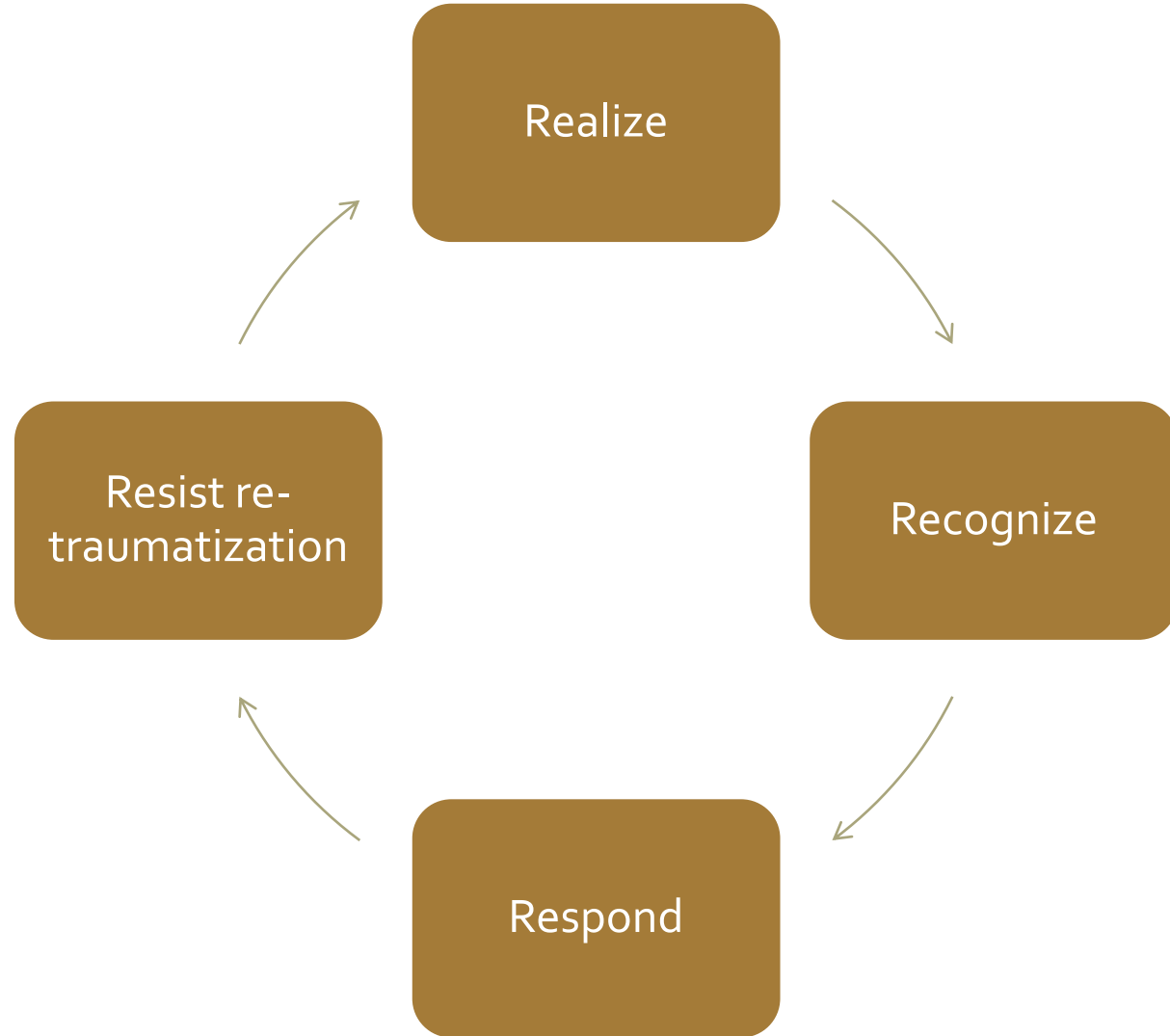
ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

Objectives

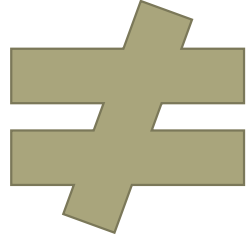
- Define stressor, stress, chronic stress, acute stress, and traumatic stress
- Describe the principles of trauma-informed care as they relate to stress and trauma
- Name three strategies for “trauma-informing” one’s practice

No relevant financial interests to disclose.

A trauma-informed system of care is...

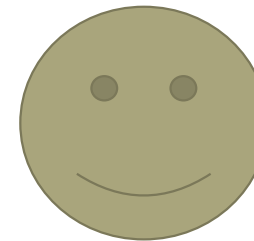
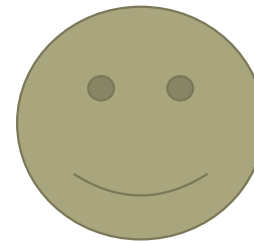


A couple of
points before
we start...

TRAUMA-
INFORMED  TRAUMA-
SPECIFIC

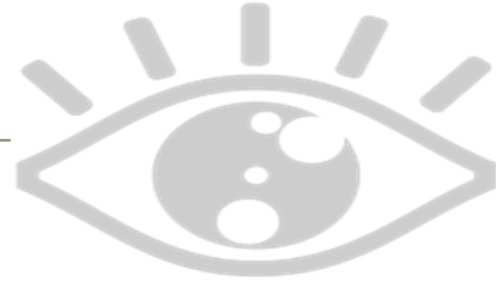
#1: Trauma-informed care is different from trauma-specific care

#2: Trauma-informed care is good for employees,
too!



STRESSOR





**CHRONIC
STRESS**

**ACUTE
STRESS**



PARASYMPATHETIC NERVES

"Rest and digest"

Constrict pupils

Stimulate saliva

Slow heartbeat

Constrict airways

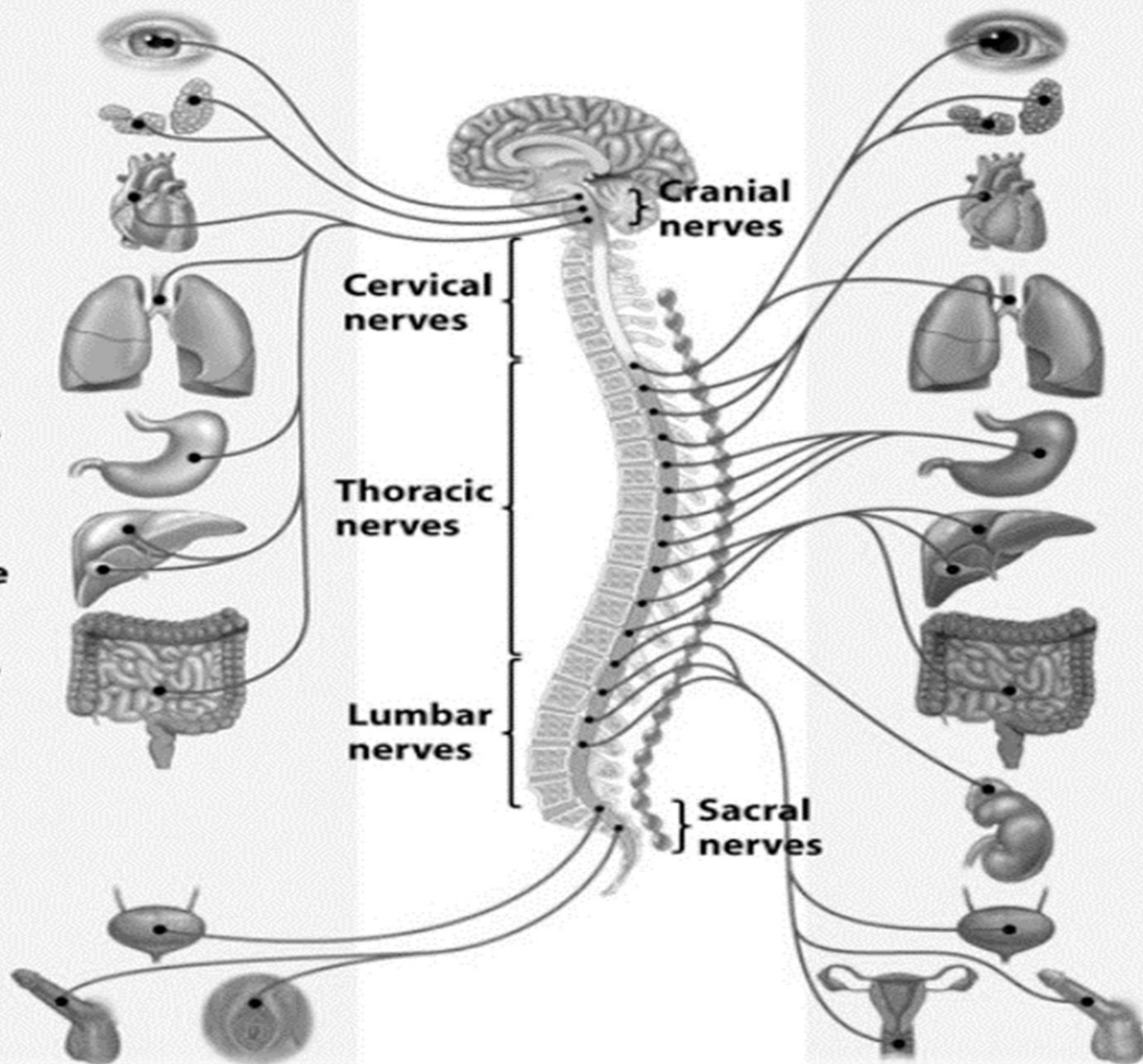
Stimulate activity of stomach

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.

People experiencing Trauma Disorders

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

Stuck in fight or flight.

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

Principles of Trauma-Informed Care



Safety



Trust



Choice



Collaborate



Empower



Safety

Consider
lighting, noise
level, language

Access to exits

Overview
procedures

Provide
opportunities
for questions

Be consistent

Provide warm
handoffs to
other providers



Trust

Allow a support person to be present

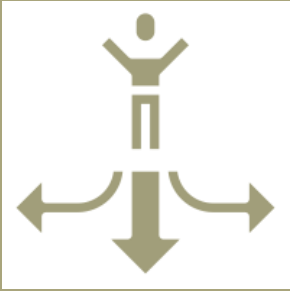
Do not make promises you cannot keep

Follow through on your word in a timely manner

Acknowledge/take responsibility for miscommunication

Respect patient confidentiality

Use grounding strategies



Choice

Attend to a patient's immediate needs

Focus on a 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 judgement

Ask questions on a need-to-know basis

Have print information available

Ask permission before asking a difficult question or starting a procedure



Empower

Ensure informed
consent

Brainstorm ways
to eliminate
barriers

Focus on
strengths

Provide genuine
positive
reinforcement

Offer hope

Commit to one thing...



Behavioral Health Wellness Clinic

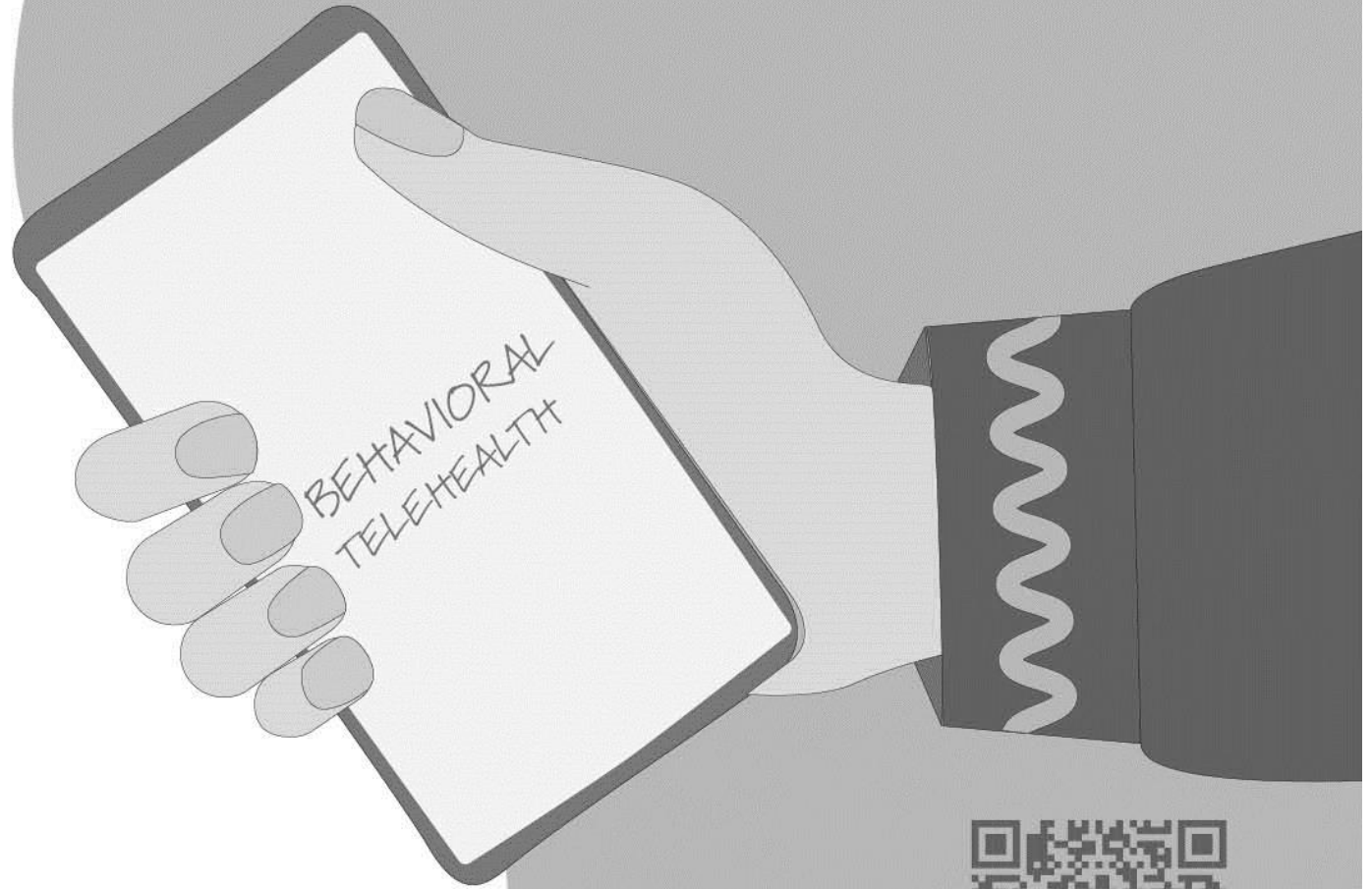
Alaska Native Tribal Health Consortium

**Connect to compassionate
care today!**

Call (907) 729-2492

Talk to your provider about a referral

Visit www.anthc.org/BHWC



ADDITIONAL LEARNING OPPORTUNITIES

- HCV Simplified Treatment Training – Available Online until December 2nd
<https://www.anthc.org/provider-resources/new-provider-webinars/>
 - Scroll down to topic titled: **HCV Treatment Training**
- AK ID ECHO: HCV, HIV, PrEP, STIs
 - The 2nd Tuesday of every month from 12:00-1:00PM Alaska Standard Time
 - 1CE/CME offered per session
 - anthc.org/project-echo/hcv-hiv-prep-stis-echo
- LiverConnect Webinar Program
 - Second Tuesday of every month 8:00-9:00AM Alaska Standard Time
 - Full Hour didactic topics on Liver Disease and related topics 1CE/CME offered
 - anthc.org/what-we-do/clinical-and-research-services/hep/liverconnect/



AK LIVER DISEASE ECHO -TEAM CONTACTS

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Thank you



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