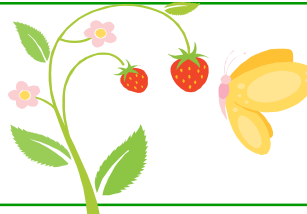




RHC Newsletter



Issue 18

August
2008

RHC Fall Workshop

Reasons to Come to the RHC Fall Workshop

- It only happens once a year.
- Rare opportunity to ask about those things that keep you up at night!
- Face to face conversations with the experts do not get misplaced like emails.
- Opportunity to network with other RHCs during breakfast and lunch.
- Exhibitors specific to RHC needs.
- Tina always orders us good food.
- Good time to carpool and talk shop!
- IRHA always enjoys seeing you!

Classified Ads



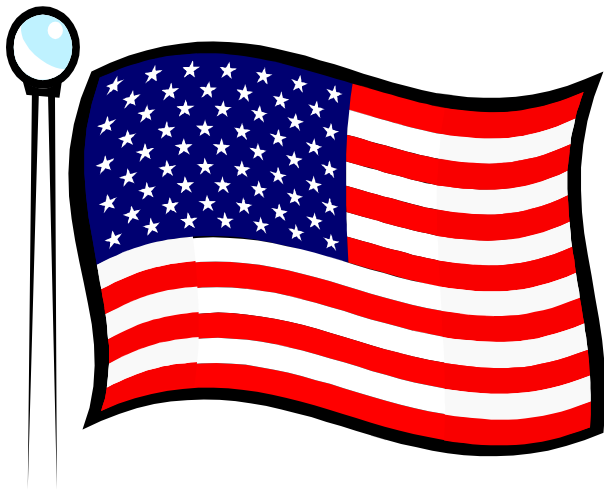
If you have something you need or would like to sell or trade, email Dana with details.

Darla Tribbett at Monticello would like to purchase a gently used cast cutter.

Darla has a new ultra sound to sell. Call Darla for details. 574-583-3333

Registration and Continental Breakfast		8:30
Welcome	Dana Stidham RHC/Emergency Preparedness Coordinator, IRHA	9:00
Taking Control of Your Accounts Receivables	Greg Robinson, Consultant	9:10
Clinic Exercises: Small to Super Size	Darla Tribbett, RN Monticello Medical Center, LLC	10:00
Break		10:30
RHC Compliance, Reporting Changes, and Other Mysteries of the RHC Program	BethAnn Perkins, RN, Principal Health Consulting Strategies, Inc.	10:45
Medicaid: Reimbursement Issues	Virginia Hutson and Mona Green EDS	11:45
Lunch		12:30
	Breakout Sessions	1:30-3:30
Independent RHCs Susan Carrico Riverbend	Provider-Based RHCs Speakers from National Gv't Services	
RHC Encounter and Documentation Billing RHC Encounter FISS, the Medicare Process System	Medicare	

Fly the Flag Campaign



On Thursday, September 11th, 2008, an American flag should be displayed outside every home, apartment, office, and store in the United States. Every individual should make it their duty to display an American flag on this seventh anniversary of one of our country's worst tragedies. We do this honor of those who lost their lives on 9/11, their families, friends and loved ones who continue to endure the pain, and those who today are fighting at home and abroad to preserve our cherished freedoms.

In the days, weeks and months following 9/11, our country was bathed in American flags as citizens mourned the incredible losses and stood shoulder-to-shoulder against terrorism. Sadly, those flags have all but disappeared. Our patriotism pulled us through some tough times and it shouldn't take another attack to galvanize us in solidarity. Our American flag is the fabric of our country and together we can prevail over terrorism of all kinds.

From Kathy Weber, Hospital Preparedness Coordinator, Sullivan County Hospital.



Healthy Weekend Trip

After a long week at the office, a weekend trip is a great way to rejuvenate your mind and body. There are many places to visit right here in our home state and you will save on travel expenses too! Most of us imagine a mini vacation as a time to relax, dine out or lounge by the pool. While these are wonderful things to enjoy during your time off, you'll be amazed how more rested refreshed you'll be being active you even and



You don't have to be a "fitness guru" yourself on an active vacation. Just remember it is the small things that you incorporate into your lifestyle that can make the biggest difference. Don't be afraid to try something new - hike, bike, walk, run or swim and don't forget to have fun. Here are a few suggestions to help you get out and get active on the weekends:

- Parke County is known as the covered bridge capital of the world, but it also houses Turkey Run State Park. You can kayak or canoe down Sugar Creek, horseback ride at Saddle Barn or hike and swim at Rockville Lake Park. For more information visit <http://www.in.gov/dnr/parklake/6678.htm>.
- Nestled in central Indiana, Fort Harrison State Park offers plenty of paved hiking and biking trails, nature center, and golf course. You can certainly find something to do in this 1700 acre historic state park!

Spend some time at Indiana Dunes State Park in northern Indiana. The park includes over three miles of Lake Michigan's south shore. Swim, take an interpretive tour, or just enjoy the beauty of drifting sand dunes as you walk the beach.

These are just a few suggestions to get you started, but if you want more information on places to visit for an active weekend getaway, please visit <http://www.in.gov/dnr/parklake/>.

Emergency Preparedness

Worldwide Tension: Reason to Review Bioterrorism Agents

This past week William Bowers, MD, from the CDC, highlighted Category A Biological Agents. These biologicals rank high on the list for potential acts of terrorism due to some ideal qualities they possess:

- High rate of illness when exposed
- High mortality rate
- Short time between onset of illness and death, i.e. short window of time for treatment.
- Low level of immunity in the population
- No effective or available treatment exists
- Easily transmitted person to person
- Easy to produce or disseminate (e.g. aerosol in large public area)
- Difficult to diagnose

Consequently, the following five present significant concern:

Anthrax: Recall 2001 and the white powder sent through the post offices to elected officials and Tom Brokaw? Currently the FBI is investigating a possible source of this terrorist attack that killed 5 and made 17 ill. Anthrax naturally occurs in sheep, goats, and cows. In some parts of the US cases of cutaneous anthrax are seen and most cases recover; however, if anthrax is inhaled, 50% develop meningitis and die. Treatment must be quick using recommended antibiotics and vaccine post exposure.

Smallpox is caused by the Variola virus, major and minor. Routine immunization of the US population for smallpox ceased once it was eradicated from the world. Stock cultures still exist. It causes a horrible rash all over the body like chickenpox; however, its distribution is more concentrated on face and limbs. Unlike chickenpox, lesions are seen on palms and soles of feet. It is highly contagious until all scabs have separated; mortality is typically 30%. Treatment is supportive and antivirals are still under evaluation. Smallpox would require strict isolation and mass prophylaxis.

Plague is caused by bacteria *Yersinia pestis*. Normally, acquired by bite of rodent flea or handling an infected animal. There are a few cases in western parts of the US. There is no vaccine. Must be treated within 24 hours or death will occur.

Botulism is caused by a toxin from the bacteria *Clostridium botulinum*. Terrorists could use botulism toxin in beverage, food, or as an aerosol. This is the most deadly neurotoxin known to man: one gram of aerosolized toxin could kill 1.5 million people. Treatment with antitoxin must be administered within 24 hours. May require mechanical ventilation treatment may for weeks or months.

Viral Hemorrhagic Fevers: A few of these viruses featured in the news are most familiar: Ebola and Dengue or Yellow Fever, Hanta, and Marburg. There are no natural occurrences in the US. They are usually acquired through vectors: rodents, mosquitoes, and ticks. These viruses are particularly suited for terrorism because they have a low infectious dose, high mortality and morbidity rate, and no effective vaccines that are readily available. They also cause great fear and panic.

The COCA presentation from the CDC included specific treatment protocols and excellent pictures of clinical presentations including differentiation between chickenpox and smallpox. Dr. Bower's presentation can still be accessed by selecting *Overview of Bioterrorism Agents* at: <http://emergency.cdc.gov/coca/callinfo.asp>

CMS New Proposed Rule Update

CMS closed the period of time for comments to their proposed rules Tuesday, August 26. Many RHCs, including some in Indiana have submitted comments about the negative impact that the proposed changes would have on their ability to serve their rural community. IRHA's executive director, Don Kelso submitted comments to CMS in behalf of Indiana's RHCs. NARHC and the AMA jointly sent comments in together in behalf of RHCs, FQHCs, and CHCs nationwide. Consequently, CMS has heard from organizations large and small as well as first hand from the clinics themselves.

Now we will have to wait and see if CMS will reconsider their proposed changes as well as implement some of the recommendations made to them. It has happened before. Let's remain hopeful. It is for certain that these events have brought to light the value of health care providers in rural, underserved, and health professional shortage areas of our country.

Indiana Rural Health Association

1024 South 6th St., Suite 202
Terre Haute, IN 47807

Phone 812-478-3919
Fax 812-232-8602

Upcoming Events

September 9 Free webinar on **Improving Prescription Access for Uninsured Hoosiers.**

10-11 am CT or 11-12 ET Register to view:
www.TogetherRxAccessOnline.com

Sept. 11, 2008 Special Needs Populations in Disaster Response

TIME: 1:00-2:30 PM E
Location: Satellite Broadcast
More information to be announced.
<http://www.adph.org/alphnt/vcomm.asp>

September 22, 2008 RHC Constituency Call
Noon—1pm ET, Dr. Joe Biggs from Union Hospital is speaking on **Cultural Diversity**

October 1

IRHA's Fall Workshop for RHCs Indy Marriott East

Details on front page. Registration forms on website www.indianaruralhealth.org or request a registration from Dana or Tina.

Does Smoking Relieve Stress?

Evidence shows that nicotine dependency increases stress. The perceived "relaxing" effect of smoking only comes from the reversal of the tension and irritability symptoms of nicotine withdrawal.

SOURCE: Parrott, A.C. "Does Cigarette Smoking Cause Stress?" American Psychologist, 1999 Oct., Vol. 54(10) 817-820.



Forty Nine percent (49%) of uninsured adults in Indiana are regular smokers

For patients or staff that want to quit smoking.....

Indiana's the quitline offers help.

The Indiana Tobacco Quitline is a telephone helpline offering treatment for addiction and behavioral change. The Indiana Tobacco Quitline offers FREE information about quitting tobacco, one-on-one telephone counseling with a Quit Coach, and referrals to local quit smoking programs and services in your community.

Additional resources, information, and downloadable material about the Quitline may be found at <http://www.indianaquitline.net/>

Upcoming Events cont.

October 14-15

NRHA Rural Health Clinic Conference

Savannah, GA

For more information, contact:

Meaghan McCamman 703.519.7910

Mccamman@NRHArural.org

November 18-20

National Association of Rural Health Clinics Workshop

St. Louis, MO

Dana is renting a car and hoping for riders. Save the cost of a flight!