

MidWest Clinicians' Network



The Future of Health Care: Your Time to Shine



*by Drew Klinkebiel, PharmD, BCPS
MWCN President, Siouxland Community
Health Center, Sioux City, IA*

I recently had the opportunity to travel to Washington, DC, and participate in a discussion on the Affordable Care Act (ACA) and its implications for the future of health care. I was one of 150 leaders asked by the National Association of Community Health Centers (NACHC) to participate in a group discussion with members of the Obama Administration. The meeting was fast paced with NACHC representatives sharing thoughts on the future of health care, while the Administration gathered feedback and promoted increased publicity of the ACA.

The meeting began with introductions by Cecilia Muñoz, Director of the White House Domestic Policy Council and Mary Wakefield, Administrator of the Health Resources and Services Administration. Both Cecilia and Mary praised health centers for their hard work and value which is demonstrated in providing patient care. They called on health care leaders to help educate the public on the new provisions outlined in the ACA. Take home points to clarify with our respective colleagues and patients included coverage of preventive services with no co-pay or deductible, tax credits for small businesses to help



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pay for healthcare coverage and the coverage of pre-existing conditions.

Health centers were asked to partner with

local media to further educate the public on the ACA and share success stories as a result of the new legislation at www.HealthCare.gov/mycare.

Four health center representatives from NACHC were then asked by the White House to discuss some of their successes and challenges in expanding care and improving the quality of this care to their patients. Dr. Gary Wiltz shared how his health center has prospered through the work of collaborative teams funded by the ACA. Dan Driscoll discussed what he and his colleagues have learned about universal health care coverage in Massachusetts. Carmela Castellano-Garcia addressed the Patient Centered Medical Home and how she has seen this model improve the quality of care delivered to patients. Then Dr. Lee Francis spoke on how his health center has used electronic medical records and health information technology to increase access to care and improve care delivery. Each of these individuals closed their segments with an appreciative remark for the funding and support received but requested continued support

to allow further health center expansion and improvements with the implementation of the ACA.

The floor was then opened to discussion from the audience. The main message heard by the Obama Administration centered on the topic of “coverage does not equal access.” Even though the new healthcare legislation aims to provide greater access to affordable health care, we as health care providers need continued funding to expand and provide access to everyone. On multiple occasions health center leaders asked the Administration to reconsider their decision to withhold \$280 million of the original \$300 million allocated for health center expansions. This is a critical time for health center expansion and in order to expand and meet the demands of this new legislation health centers need continued funding.

The other request of health care leaders hinged around continued reimbursement through the Prospective Payment System. This system is crucial for the survival of health centers as the patients we manage in these facilities are often the “sickest of the sick” and denied care by many of the independent practices in their communities. Health centers have a track record of efficiently providing high-quality care within their states, so we are deserving of continued funding through the unique and successful Prospective Payment System.

Overall, the opportunity to attend this meeting was an enlightening and empowering experience. Although we as health care providers often feel like we are “in the trenches” serving patients day in and day out, we each have a voice and the ability to express our concerns to those formulating the laws which will govern the future of health care. I encourage each and every one of you to discuss the new health care reform legislation with your patients, colleagues, families and those representing us in Washington, DC, so we can all benefit from increased access to affordable health care in the future.

To learn more about the Affordable Care Act and its benefits for your patients, go to www.HHS.gov/iea/acaresources/ or www.HealthCare.gov/. ■





NETWORK NEWS

Healthy Eating and Depression: Why Getting Balanced Nutrition is Vital to Mental Health

by Christina Arnold RD, LDN, CDE, -Be Well Lake County Diabetes Program Coordinator
Lake County Health Department and Community Health Center, Waukegan, IL



Registered Dietitians have long discussed with patients different macro and micro nutrients and their role in diet and disease. Different nutrients in foods support the body's ability to grow, repair, and perform necessary functions. A deficiency or excess in any vitamins, minerals, fat, carbohydrate, and protein can lead to our bodies not working at 100% and has been linked to different illnesses, including depression.

The Centers for Disease Control and Prevention (CDC) estimate that 1 in 10 adults reported depression in 2011. The CDC further states that depression can adversely affect the course and outcome of common chronic conditions, such as arthritis, asthma, cardiovascular disease, cancer, diabetes, and obesity. The CDC states that people most at risk for depression are:

- Persons 45-64 years of age
- Women
- Blacks, Hispanics, non-Hispanic persons of other races or multiple races
- Persons with less than a high school education
- Those previously married
- Individuals unable to work or unemployed
- Persons without health insurance coverage

In the current economic times there is a higher incidence of food insecurity. The World Food Summit of 1996 defined food security as existing "when all people at all times have access to sufficient, safe, nutritious food to maintain a healthy and active life." Food insecurity has been linked to depression and anxiety in adults, and behavior problems in children (Whitaker 2006). When people are food insecure they also do not take in enough of the macro and micro nutrients needed for their body to function at its optimal performance.

Carbohydrate, fat, and protein are macronutrients that provide the body with calories. Carbohydrates help to give the body energy and the brain uses it exclusively for energy. Research has been done on carbohydrates and its affect on mood. Researchers believe that carbohydrate cravings are related to decreased levels in the hormone serotonin (which makes you feel good), which leads to a decline in mood and concentration. When choosing carbohydrates it is best to look for sources that are high in fiber and nutrient dense, such as yogurt, fruit, and 100% whole grains.

Fat is also an essential nutrient for the body. Fat helps to provide the body with insulation, cushions

organs and bones, and helps with the absorption of fat soluble vitamins in the body. Types of fats include mono, poly, saturated, and unsaturated fats. One study suggests that the intake of polyunsaturated fatty acids (PUFA) and fiber were statistically lower in those with a history of attempted suicide (Zhang 2005).

Proteins are involved in almost all cell functions. Each protein within the body has a specific function. Some proteins are involved in structural support, while others are involved in bodily movement, or in defense against germs. Some protein rich foods are rich in an amino acid called tyrosine. Tyrosine may help boost levels of the brain chemicals dopamine and norepinephrine which helps you to feel alert and improve concentration. Data suggest that fruits, vegetables, and meat were significantly under consumed in adults who had ever attempted suicide (Li 2009), which shows the importance of getting a diet balanced in fat, carbohydrate, and protein.

The final area of discussion in relation to healthy eating and depression is vitamins, minerals, and supplementation. One of the largest bodies of research is in omega-3 fatty acids and its role in mental health. Recently, scientists have revealed that a





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associated with depression. In one study, researchers determined that societies that eat a small amount of omega-3 fatty acids have a higher prevalence of major depressive disorder than societies that get ample omega-3 fatty acids. Other studies show that people who infrequently eat fish, which is a rich source of omega-3 fatty acids, are more likely to suffer from depression (*Web MD, 2012*). Omega-3 fatty acids have been linked with improved depression scores in many studies. One gram (1,000 mg) a day is the dose frequently recommended. Higher levels may not show an increased level of improvement (*Peet 2002*).

Vitamins and minerals that have been linked to depression are folate and B-vitamins, vitamin D, chromium, magnesium, and selenium. Folate has been linked to risk of recurrence of depressive episodes and higher levels of folate had a lower risk of recurrence of depression (*Astorg & Hedaya 2008*). In depression, folate, vitamins B12 and B6, as well as unsaturated omega-3 fatty acids deficiency affects the biochemical processes in the CNS, as folic acid and vitamin B12, participate in the metabolism of S-adenosylmethionine (SAM), a donor of methyl groups, which play a decisive role in the functioning of the nervous system. The deficiency of these vitamins results in hyperhomocysteinemia and the research shows that approximately 45-55% of

patients with depression develop significantly elevated serum homocysteine (*Karakuta, et. al, 2009*).

A 2010 national study found that the incidence of having depression is increased in people with deficiency in vitamin D. Researchers from the University of Toronto noticed that people who were suffering from depression, particularly those with seasonal affective disorder, tended to improve as their levels of vitamin D in the body increased over the normal course of a year.

Chromium supplements have been linked to relieving the cravings occurring in individuals with atypical depression (*Docherty 2004; Docherty 2005*). Selenium supplements were associated with improvements in depression in elderly patients in a nursing home (*Gosney, 2008*). Erythrocyte magnesium was found to be lower in patients with severe major depression. Increased magnesium status positively correlated with enhancement of the clinical state (*Nechifor, 2008*).

Intake of vitamins, minerals, fat, carbohydrate, and protein ensures you're your body is functioning at its best and helps to decrease the incidence of depression. Choosing a diet well balanced in fruits, vegetables, whole grains, lean proteins, low fat dairy products, and healthy fats helps to

ensure that you get all of the vital nutrients that your body needs.

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NETWORK NEWS

The Diabetes Care and Coordination Survey for MWCN Health Centers

In the next few weeks we will invite MidWest Clinicians' Network (MWCN) member health centers to take part in an important Diabetes Care and Coordination Survey.

MWCN has partnered with the University of Chicago to administer a brief questionnaire to assess the services provided to patients at community health centers across the Midwest.

The study aims to describe:

- How care is coordinated
- The activities and tasks undertaken by health professionals and other staff caring for patients with diabetes

We value your views because:

- You know how it feels to work in your health center and care for patients
- You know the strengths and limitations of the system you experience on a daily basis

Your views can help us contribute to improved services. The questionnaire will ask you about care for all patients, the tasks you do for patients with diabetes, your job satisfaction, and your role in your health center.

The questions will take 10 to 15 minutes to complete. Your participation is voluntary. Identifying information about you and your health center will remain confidential.

A summary report with the survey results will be provided to the MWCN and each survey provides the option to receive emailed survey results upon request.

We would also like to send the questionnaire to a sample of medical assistants, registered nurses, licensed practical nurses, and administrative staff. We would appreciate it if your health center could contact acampbell@mpca.net with a list of current staff members.

To those of you who have already provided contact information for these staff, we thank you very much.

If you have any questions please contact Sarah Derrett or Katie Gunter at The University of Chicago.

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The Commonwealth Fund, New York Visiting Scholar from New Zealand based at The University of Chicago

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NETWORK NEWS



National Primary Care Conference

with Workshops

September 27-30, 2012

Loews Vanderbilt Hotel, Nashville, TN

23 CONTACT HOURS AVAILABLE



KEYNOTE

Combating Chronic Illness: Helping Others Change Through Coaching

Eileen O'Grady, PhD, RN, NP

PROGRAM TOPICS

- Evaluation and Management of Neck and Back Pain with Case Studies
- Chest and Abdominal X-Ray Interpretation
- Vulvar, Vaginal and Anal Disease: A Primer on the Management of HPV, Benign and Neoplastic Conditions
- Chronic Pain Management in Primary Care
- Pharmacology Workshop: Arthritis, GI and Dermatology Updates
- Update on Osteoporosis: Fracture, Prevention and New Treatment Strategies
- Hacking, Sneezing, Phlegm and Other Pulmonary Pleasantries
- Tuberculosis...Still Going Strong! Why?
- Survival Skills for APNs: How to Have Difficult Conversations
- Evidence for Women's Pain Management for the NP
- Pre-Participation Sports Physicals: Latest Evidence
- HPV Pap Update: New Pap Guidelines and More
- STIs in Older Adults: A "Booming" Problem with Aging Boomers
- Unraveling HDL: New Information for the NP
- Your Cardiology Patients: What Should I Do Next?
- Managing the Type II Diabetic in Primary Care
- Treating Insomnia in Primary Care: Assessment and Treatment Options
- Immunizations 2012
- Treating Addiction in Primary Care

And many more...

Learn more and register online at:

www.npace.org



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Job Postings

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ILLINOIS

Various Positions: Aunt Martha's Health Network (17 FQHCs across Illinois) www.auntmarthas.org seek Physicians (Family Practice, OB GYN, Peds,) Nurses and Dentists. We offer excellent benefits and multiple openings in Chicago suburbs, Joliet and more! Please contact Nancy Mathieu nmathieu@auntmarthas.org Manager Clinical Staff Acquisition and Development or call 708.747.7100 for info!

Various Positions: The Illinois Primary Health Care Association provides complimentary recruitment assistance to: Physicians (FP, IM, PED, OB/GYN, PSY), Medical Directors, Nurse Practitioners, Physician Assistants, Certified Nurse Midwives, Dentists, Dental Hygienists, LCSWs, LCPCs and Clinical Psychologists. To take advantage of our service and read job descriptions please contact Ashley Colwell at acolwell@iphca.org.

INDIANA

Physician: Citizens Health Corporation is looking for a full-time Board-certified Pediatrician. Citizens is an FQHC in Indianapolis, Indiana. Contact Karen Scrougham at kscrougham@citizenshealthcenter.org with questions or to submit resume.

Physicians: Open Door Health Services of Muncie, Indiana, is seeking a full-time Physician in the area of Pediatrics, Internal Medicine or Family Practice. Open Door provides a competitive benefit package and competitive salary. The health care center is also a qualified site for the NHSC loan repayment program. Cover letters and CVs may be sent to Terri Hutchison, Chief Human Resources Officer at tlhutchison@opendoorhs.org. Visit our website at www.opendoorhs.org.

IOWA

Various Positions: Primary Health Care, Inc. (PHC) has openings for Dentists, Physicians and Mid-level Providers in our Marshalltown clinic which is located 60 miles northeast of Des Moines, Iowa. PHC offers a competitive salary and benefit package. Learn more about PHC at our website: www.phcinc.net or contact Sherry Gomis, HR Director by email at sgomis@phcinc.net, or mail 9943 Hickman Road, Suite 105, Urbandale, Iowa 50322.

Various Positions: The Iowa Primary Care Association has several outstanding opportunities for Family Physicians, Internists, Nurse Practitioners, Physician Assistants, and Dentists to fill positions in our member community health centers—all offer attractive salary, comprehensive benefits, loan repayment while working a strong team environment. Candidates interested in finding out about specific opportunities should contact Mary Klein, 515.244.9610 or mklein@iowapca.org, 9943 Hickman Road, Suite 103, Urbandale, Iowa 50322. www.iowapca.org



Dentist: Lake Superior Community Health Center (LSCHC) Duluth, MN is currently recruiting a general dentist. The mission of the Lake Superior Community Health Center is to improve access, particularly financial access, to primary health care through the provision of clinical care, health education, screening, assisted referrals and advocacy. LSCHC offers a competitive salary and benefit package. Contact Eric Elmquist D.D.S. Dental Director, by e-mail emelmquist@lschc.org, or mail LSCHC Attn: Eric Elmquist D.D.S. 3600 Tower Ave, Superior, WI 54880. Visit our website at www.lschc.org for more information.

MICHIGAN

Primary Care/Internal Medicine Physicians: Health Delivery, Inc., a group of Federally Qualified Health Centers, located in Saginaw/Bay City, Michigan, is recruiting for Primary Care/Internal Medicine Physicians for our Family Practice Health Centers. Candidates must be Board Certified/Board Eligible and be licensed to practice in the State of Michigan and have a current DEA license. HDI offers competitive pay and benefits. Benefits include health insurance, malpractice liability protection by the Federal Tort Claims Act (FTCA), CME, vacation and personal days, and 403(b) and 457(b) Retirement Plans. Our sites qualify through National Health Service Corps (NHSC) for Scholars and Loan Repayment. Send CV to: Health Delivery, Inc., Attention: Human Resources; 501 Lapeer Avenue, Saginaw, MI 48601 or Fax to 989.759.6425 or on our website at www.healthdelivery.org.

Various Positions: Muskegon Family Care in Muskegon, MI—Immediate openings for Family Practice Physician, Dentist and part-time LMSW. Curriculum vitae/resume to Sheila Bridges, CEO at bridges@mfc-health.org.

MINNESOTA

Physician: West Side Community Health Services, the largest community clinic in Minnesota, is seeking a full-time Staff Physician in St. Paul. Help serve the underserved and come join the dedicated professionals at our organization! Please visit the employment section of our website at www.westsidetchs.org/jobs.php to apply. AA/EO





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MISSOURI

Primary Care Providers: The Missouri Primary Care Association seeks Family Practitioners, Internists, Pediatricians, OB/GYNs, Psychiatrists, and Dentists to fill positions in Missouri's Community Health Centers. Candidates interested in learning more should contact Joni Adamson at: jadamson@mo-pca.org, 573.636.4222 or visit www.mo-pca.org/rec_ret.htm.

Family Medicine Physician: Family Health Center of Boone County, a federally qualified health center, seeks a full-time family medicine physician for its rural site in Marceline, MO, in June 2013. Successful candidate will join an existing full-time physician in a newly renovated clinic. Dental services will be located in an adjacent building. Competitive salary and benefit package. Please contact Gloria Crull, CEO, at gcrull@fhcmo.org or 573.886.6713.

NEBRASKA

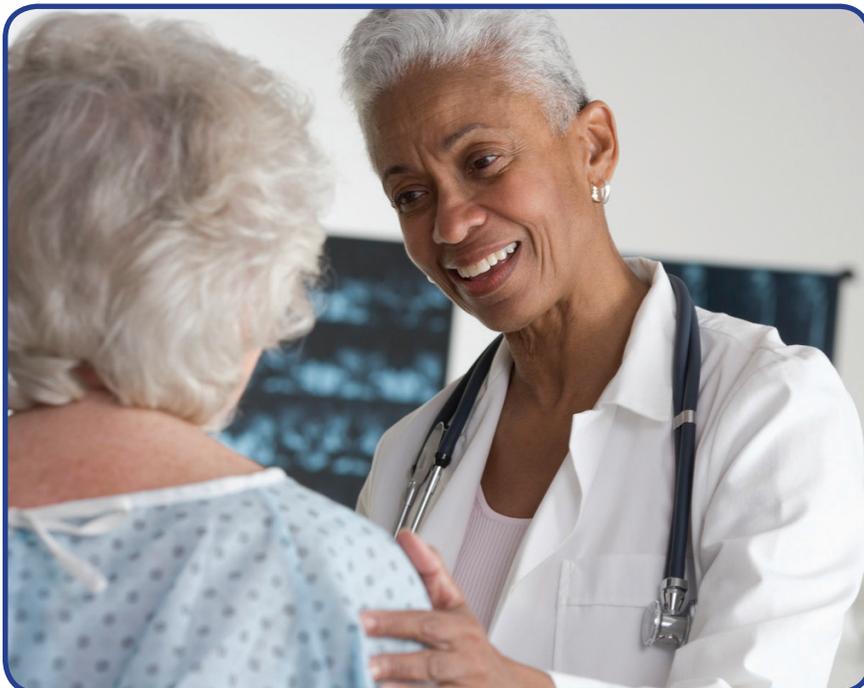
Various Positions: Make a difference! We are expanding and we are looking for full-time, mission-driven Pediatricians, Family Practice Physicians, APRNs, PAs, and RNs to provide high quality, family-centered care to underserved patients in a cross-cultural setting. Located in Omaha, NE, OneWorld Community Health Center is an excellent employer offering competitive salary and benefits. NHSC Loan Repayment Site! Please contact Heather Christensen at hchristensen@oneworldomaha.org or 402.502.8874. www.oneworldomaha.org



OHIO

Physician or Nurse Practitioner: Community Health Centers of Greater Dayton is searching for a fulltime FP or IM/Peds physician or family nurse practitioner. We operate four locations and the successful candidate will join two other physicians at one of our busier sites. Competitive salary and benefits package, including loan repayment. Submit your CV to ghopkins@chcgd.org or visit www.communityhealthdayton.org.

Various Positions: HealthSource is growing and seeking Family Practitioners/ Internists/Dentist to join our well established and new practices. If you are seeking an opportunity that provides life/work balance and collegiality please contact Beverly Gifford at 513.576.7700, ext. 3629 or email CV to beverlyg@healthsourceofohio.com.



Behavioral Health Clinician:

Innovative, community health center in west central Ohio, committed to an integrated approach to health and wellness, seeks an experienced, highly motivated individual to join their Behavioral Health Department in conducting individual, child and family therapy. The successful candidate should have a Master's or Doctorate degree in clinical psychology, counseling or clinical social work. Independent licensure status and a minimum of two years clinical experience, especially with children and adolescents is essential. This position is offered on a fee-for-service, contractual basis. Send resume or vita information to: Behavioral Health Department 5735 Meeker Road, Greenville, Ohio 45331.