

Cycle VIII Capstones

KPHLI Cycle VIII scholars completed the following capstone projects:

Development of a Brochure for Health Care Providers

Teri Caudle, BSN, Kansas Department of Health and Environment

Abstract: Background: *Chronic disease impacts health status and health care expenses; because of this, there is a growing interest in self-management programs. Self-management programs aim to help people with chronic conditions manage their symptoms, gain personal control in dealing with disease-related problems, and become an active partner with their health care provider. The current health care system is engaged in educating patients about their respective diseases, but an education program is different from a self-management program. Education programs focus on giving people knowledge, but do not necessarily supply them with knowledge about managing their chronic condition in daily life. Self-management programs equip people with tools to assist them with behavior change in order to gain control over their disease. The Kansas Department of Health and Environment Bureau of Health Promotion supports an evidence-based chronic disease self-management program (CDSMP) that was developed by a team of researchers from Stanford University. In Kansas, CDSMP is being implemented under the name Kansas Optimizing Health Program (KOHP). There are many facets involved in the statewide implementation, one of which is informing and educating the public and health care professionals about the program. The purpose of this capstone project is to create a document about KOHP with specific information that a health care provider would want to know about the program. The author surveyed twenty health care professionals regarding what they would like to know about the program. Fifteen completed the survey. The survey was reviewed and a brochure was developed using survey results. The brochure will be tested in the Wichita area before it is offered statewide.*

Partnerships for Accreditation: Accountable, not Adversarial

Linda Davies, RN, BSN, Dickinson County Health Department

Lindsay Payer, RN, BSN, Coffey County Health Department

Abstract: *This capstone project addresses improving communication between state and local health departments, since a cohesive relationship will enhance the readiness and capacity for accreditation. This is accomplished by first identifying other states that are reported to have effective working relationships, reviewing various communication models used for possible implementation in Kansas, reviewing literature regarding the pros and cons of various models, surveying Kansas public health workers to reveal misperceptions that plague our current working relationship, and finally presenting a successful state-local partnership model working together for the benefit of all Kansans. It is our hope that once state and local health departments in Kansas begin communicating more effectively, that the Kansas Trust for America's Health (TFAH) ranking will improve and increased funding and legislative support will result. If Kansas is to be accredited at any level, we must first have a solid foundation of trust that is formed from open, honest, and effective communication. This project culminates with the proposal for the establishment of a Kansas Public Health Improvement Partnership to evaluate trends while providing a foundation to support the health of the population.*

Increased Individual Health Awareness Campaign

Arlene Doll, RN, Lane County Health Department

Abstract: *My vision was to find 10 willing volunteers in Lane County to participate in an “Increased Individual Health Awareness” project. A Special Edition Newsletter was sent out to all 900 households in Lane County in early October 2010. By the time the sign-up deadline arrived there were 43 willing Lane County volunteers. Twenty-one of the original 43 had lab work done at the October 2010 Health Fair and 19 had repeated lab work done at the April 2011 Health Fair. 39 of 43 completed the six month project; of those 39 that completed the six month project 29 participants had a recorded weight loss. Many members of the community have asked to be notified when we do this project again.*

Building Capacity in Kansas Schools to Address Bullying Behavior

Laurie Hart, LMSW, Kansas Department of Health and Environment

Abstract: *Bullying is a public health issue with physical, social, emotional, and academic consequences, affecting many students in schools across the United States (CDC, 2011). According to the U.S. YRBS, almost 20% of students experience bullying in U.S. schools. In an effort to build capacity in local schools to help address this important issue, the KDHE Sexual Violence Prevention and Education (SVPE) Program invited 15 schools across Kansas to participate in a Bullying Prevention Initiative. Over 1700 students were involved in this pilot project, using the Committee For Children’s Steps to Respect Bullying Prevention Program in all fifteen schools. The focus of this project was to see how various schools responded to this initiative and to help guide the KDHE SVPE to replicate this initiative. This capstone project highlights the successes and challenges of these efforts and demonstrates schools’ need for both financial and programmatic oversight in order to meet the goal of addressing bullying in a comprehensive and effective way.*

Inclusion of Tobacco into the Kansas Model Wellness Policies: Creating a Framework for Statewide Youth Tobacco Use Prevention

Liesl Hays, BA, Kansas Department of Health and Environment

Mark Thompson, PhD, Kansas State Department Education

Abstract: *Children’s health is inarguably one of the nation’s leading public health concerns. Health advocates have used the momentum around childhood health to promote evidence-based policies and practices that support positive health outcomes for youth. Kansas is no exception. As a result of State Law (SB-154), passed in May 2005 in response to the Child Nutrition Act reauthorization of 2004, the Kansas State Board of Education directed the Kansas State Department of Education staff to develop nutrition guidelines for all foods and beverages made available to students in Kansas public schools during the school day. The result of this effort was the establishment of the Kansas Model Wellness Policies, which provide all schools statewide guidelines on nutrition, nutrition education, and physical activity. Currently, all school districts in the state of Kansas report on these guidelines to the Kansas State Department of Education. While the model guidelines provide an excellent framework statewide for their given content areas, schools and tobacco advocates have identified the need for the inclusion of tobacco-specific guidelines. This capstone served as the fire-starter to create tobacco-specific model*

wellness policy guidelines through the formulation of a sector-diversified advisory committee. Its overarching goal is the eventual inclusion of tobacco-specific guidelines into the Kansas Model Wellness Guidelines, which will be revised in 2012.

Powder Puff 2011: A Full-Scale Exercise

Joe Hopkins, BS, Western Pyramid Regional Group

Abstract: *The old adage that “practice makes perfect” has never been more appropriate than when applied to the essential service of assuring a competent work force. When a true emergency happens, the only preparation a group has is past experiences or controlled scenarios. A scenario that incorporates more than a tabletop exercise is the best way to prepare. There are several ways to discuss and find where a service may need improvement, but those all pale in comparison to bringing all of the “boot on ground” people together and seeing it work from a distance.*

Creating Better Public Health Presentations

Jacob Jackson, MEd, Kansas Department of Health and Environment

Abstract: *The purpose of this capstone is to create a presentation that will discuss various techniques and tools that a public health presenter/educator may use to create more dynamic and successful live and online presentations by focusing on the concept that communication to the audience is key. Other points of interest will include the concept of Pecha Kecha, in which a presenter should be able to get their point across on a given subject in no more than six minutes; information on the various multimedia that one can use to engage the audience; and making the presenter/educator aware of how audience demographics can affect the outcome of any given presentation. A take-away reference tool will be given to participants as a part of this capstone project.*

Community Health Priorities Call to Action

John Kephart, MSPH, Sedgwick County Health Department

Abstract: *In early 2010, Visioneering Wichita Health Alliance and the Sedgwick County Health Department asked the question, “What are the health priorities for Wichita and Sedgwick County,” to representatives from more than 100 Sedgwick County organizations, businesses, government, and nonprofit agencies. Five Community Health Priorities were selected: Health Access, Obesity and Diabetes, Mental Health, Oral Health, and Health Disparities. Following completion of the Community Health Priorities plan, a “Call to Action” survey was developed to share new ideas and solicit feedback on steps that can be taken to improve the wellness of Sedgwick County residents and was a first step toward implementation strategies for the Community Improvement Plan. Its purpose was: (1) to help residents/respondents think about actions that they could take to improve our community’s health, (2) to help community leaders focus resources, and (3) to share new ideas about improving health. The Community Health Priority Call to Action survey provided valuable data concerning the level of concern and actionship among residents. This survey was an important first step in an ongoing process of engaging the public to increase awareness and to elicit ideas on how to address important health concerns within our community.*

Sedgwick County Health Department Center for Health Equity: Community Health Navigator Project (CHNP) Evaluation

Pamaline King-Burns, MPA, Sedgwick County Health Department

Abstract: *Disparities exist in access to primary health care among Sedgwick County residents. There is a lack of easy-to-read information that discusses the benefits of having a medical home, where to find local options for medical homes, and how to use a medical home appropriately. The Sedgwick County Health Department created the Center for Health Equity (CHE) division in 2007, with the overarching mission of examining and advancing the understanding of disparities in health risks, health status, treatments, and survival among the diverse groups of Sedgwick County residents. The CHE launched The Community Health Navigator Project (CHNP) in March 2009, during the National Cover the Uninsured Week. The CHNP was designed to help lessen the impact of the local public health system's limited and dwindling resources, improve provider-patient communications and provide recipients with information about affordable, accessible health care options. The purpose of this CHNP evaluation is to provide Sedgwick County Health Department's Center for Health Equity management and staff with evaluative information to be used for program improvement. This report will include a background and description of the Community Health Navigator Project, data collection methodology, preliminary findings from recipient and navigator surveys, lessons learned, and recommendations for program improvement. Results include anecdotal and preliminary findings.*

Blue-Green Algae in Public Waters: The Kansas Environmental Health Response

Thomas Langer, BS, MPA, Kansas Department of Health and Environment

Abstract: *Cyanobacteria, commonly referred to as "blue-green algae," can be found in fresh water lakes and streams. Blue-green algae is best known for its prolific and highly visible, often odiferous, concentrated rapid growth cycle referred to as a "bloom." Blue-green algae can produce powerful toxins that become concentrated during the bloom cycle, and these high concentrations pose a threat to water quality and human health. In Kansas, outdoor water recreation including such events as swimming, fishing, boating and skiing are high demand activities. In 2010, the State of Kansas recognized the potential public health threat to humans and adopted a public health policy aimed at protecting humans and domestic animals from hazardous exposures to waterborne toxins. The purpose of this work is to provide an up-to-date overview of how an environmental health policy is put into practice within a state environmental agency, as well as how several diverse individuals and organizations must work together to achieve shared visions that may differ in scope yet share a symbiotic relationship.*

EFNEP Food and Nutrition Bytes: An Online Nutrition Education Program

Lisa Martin, MPH, RD, LD, K-State Research & Extension – Shawnee County

Abstract: *Nutrition education programs can help low-income people learn how to make optimal food choices while living on a limited budget. This study addressed perceived understanding, acceptance, and usability of Food and Nutrition Bytes, a set of 12 eight-to-eleven minute online Expanded Food and Nutrition Education Program (EFNEP) lessons. This study addressed paraprofessional understanding, acceptance, and usability of Food and Nutrition Bytes. Selected paraprofessionals accessed the online program and completed a qualitative survey tool. The results will guide the final modification of the online program before it will be offered to clients.*

Accuracy of Data Reported on Birth Certificate Records

Arrie Morris, MPH, Kansas Department of Health and Environment

Abstract: *In an effort to ensure timely reporting and proper follow up of new HIV cases and perinatal exposures, the Kansas Department Health and Environment's Bureau of Epidemiology and Public Health Informatics and the Bureau of Disease Control and Prevention implemented a system of reporting infectious births reported on birth records. After consultation with the HIV program director and the state epidemiologist, it was agreed that the cases would be investigated to ensure the appropriate levels of public health intervention in the disease prevention process. A compilation of birth certificate records reported to the state birth registry indicating an infectious birth exposure from 2005-2009 were used. The report consisted of 78 records from 27 health care facilities located across the State of Kansas. Of the 78 records, a total of 45 were confirmed reports that had been previously reported to the HIV Surveillance Program. The remaining 33 reports were found to be previously unreported anywhere in the national reporting network. Of the 33 records, 22 were found to be erroneous reports, two were newly diagnosed cases, and the remaining nine were still under investigation.*

Wichita Initiative to Renew the Environment Project: Baseline Data

Carol Moyer, MPH, RN, Kansas Department of Health and Environment

Cathy Savage, BS, MS, PhD, Kansas Department of Health and Environment

Jon Brady, BS, Kansas Department of Health and Environment

Abstract: *Objective: Provide baseline data (years 2005-2007) for the Wichita Initiative to Renew the Environment (WIRE) project. WIRE was the result of an Environmental Protection Agency (EPA) grant awarded in October 2008. The WIRE project area encompasses the city of Wichita in Sedgwick County, Kansas. Method: Descriptive epidemiology combining three years of data (2005-2007) to increase reliability. Data sources included Kansas Vital Statistics (death data), Hospital Discharge, Medicaid claims, and air quality data. Asthma was the health outcome analyzed in children/teens less than 18 years of age. Air pollutants included oxides of nitrogen, ozone, PM 2.5 and PM 10. Results: Asthma hospital discharge rates and Medicaid claim rates were significantly greater in the WIRE area than the rest of the county. WIRE area black non-Hispanic children/teens had the highest rates in both the hospital discharge and Medicaid claims data. Medicaid claim rates for asthma in the WIRE area were significantly higher in all places of service except outpatient services than outside the WIRE area. Seasonal analysis of Medicaid claim rates and hospital discharge rates showed no correlation with the air pollutants observed in the present study. However, there was a strong positive correlation between Medicaid claims data and hospital discharge data in the seasonal analysis of the WIRE area. Conclusion: While no significant correlations were found between the healthcare data and air quality data in the seasonal analysis, the pattern of the environmental data suggests a possible lag effect in which air toxins accumulate in the lung tissue over time prior to the onset of asthmatic symptoms. Furthermore, the healthcare data suggests that children/teens in the WIRE area had more problems with asthma than children/teens in the rest of Sedgwick County, especially among African Americans and children/teens between 1 and 9 years of age. Unfortunately, indoor air quality was not examined in the present study and may have had an influence on the frequency and severity of asthmatic symptoms in both areas. Future studies should measure or control for indoor air quality influences on asthma.*

School Wellness and Health Programs: Establishing a Kansas Student Wellness Ambassador Program

Diane Nielson, BSEd, K-State Research & Extension – Atchison County

Abstract: *This project will target schools with a focus on subgroups of students, staff, parents, and the community. National, state, and community school wellness guidelines encourage healthy lifestyle behavior change in these sub-populations. Because of their daily contact with students, school staff members have an important role in preventing obesity. This joint project with Leavenworth and Atchison Counties, in cooperation with local school districts, will develop a model to provide comprehensive wellness programs for school staff, providing education and support for behavior change. Staff modeling of healthy behaviors will support student development and adoption of healthy lifestyle behaviors that prevent obesity and chronic disease. To further support students in their quest to make healthy choices, a student wellness ambassador program for middle and high school students was developed. Student ambassadors will serve as healthy lifestyle coaches to their peers. Students working with an adult mentor will develop an action plan to address local health issues. Youth working as partners with adults will provide leadership to carry out the plan and engage fellow students and the community to make healthy living choices. Electronic media will be used to report project achievements. The student component (this capstone project) will develop an action plan to implement a Student Wellness Ambassador program in local middle and high schools. The staff development component (project of Denise Sullivan) will identify assessment and training resources to address a multi-dimensional approach to wellness.*

Development of a Collaborative Process for Hospital Emergency Preparedness Exercises

Cait Purinton, BS, MEP, Kansas Department of Health and Environment

Abstract: *This capstone project focused on developing a collaborative process between the Exercise and Training Program at the Kansas Department of Health and Environment (KDHE), Bureau of Community Health Systems, and the Kansas Preparedness Grant Advisory Committee (PGAC) for the Hospital Preparedness Program (HPP) grant, funded by the U.S. Department of Health and Human Services (DHHS) and administered by KDHE and the Kansas Hospital Education and Research Foundation. The project entailed designing tools and materials compatible with the Homeland Security Exercise and Evaluation Program (HSEEP) for HPP grant awardees to facilitate tabletop exercises in their local or regional jurisdictions. The process included producing webinars that served as precursors to the tabletop exercise and providing instruction to grant awardees on how to utilize and implement the HSEEP tabletop exercises designed by KDHE and the PGAC Exercise Sub-Committee. Working with the PGAC Exercise Sub-Committee, two tabletop exercises were developed for Kansas hospitals, with each one accompanied by an instructional webinar facilitated by KDHE staff and the Exercise Sub-Committee. The KDHE Exercise and Training Program also worked with the PGAC Exercise Sub-Committee to facilitate the first Training and Exercise Plan Workshop (TEPW) for hospitals to develop the multi-year exercise calendar submitted with the State's grant application to the U.S. DHHS and serving as the basis for exercises designed and conducted in the upcoming budget period. The TEPW included various quality improvement activities and collaborative processes with KDHE preparedness program staff, the PGAC, community hospitals, regional coordinators, and the exercise program staff from the Kansas Division of Emergency Management.*

Kansans with Disabilities Sharing their Voices and Creating a Vision for Decreasing Healthcare Barriers

Jamie Lloyd Simpson, MEd, Kansas Department of Health and Environment

Abstract: *People with disabilities make up the largest minority population experiencing health disparities in Kansas, with 21% of adult Kansans having a disability. Kansans with disabilities have a significantly higher prevalence of chronic diseases, and they experience significant restrictions to healthcare access, including physical, communication, and perceived discrimination barriers. To eliminate these barriers, the Kansas Disability and Health Program (DHP) collaborated with other Kansas Department of Health and Environment (KDHE) chronic disease advisory boards that educate healthcare professionals about chronic disease considerations. The DHP invited people with disabilities to join these chronic disease advisory councils to bring the voice of people with disabilities to the issue of healthcare barriers. Even though Kansas DHP Advisory Board members serve on other chronic disease advisory boards that have their own unique logic models, state plans or work plans, this capstone project illuminated the need to develop a common vision that unites cross-cutting, long-term outcomes between chronic disease programs that relate to disability and health outcomes. The final result of the capstone is that DHP Advisory Board members can communicate their vision for a healthier community of Kansans with disabilities while addressing the chronic disease issues.*

Improving the Kansas Health Alert Network: Or, How I Learned To Be Less Discouraged and Love Communication Systems

Brett Starbuck, BS, Shawnee County Health Agency

Abstract: *This project identified statewide triggers to identify when a local Kansas Health Alert Network (KS-HAN) Alert should be sent and what is the most needed information at the local level to be included in a locally triggered KS HAN Alert, as well as to identify the efficiency of this communication process by improving the communication system.*

Brainstorming sessions, test demonstrations, and steering committee activities among system administrators and users identified system deficiencies and areas for improvement. Problems and potential solutions were discussed among collaborators and were prioritized into a two-phase system. This project outlines each phase's area of improvement and system expansion.

School Wellness and Health Promotion: Staff Development Resources

Denise Sullivan, BS, MS, K-State Research & Extension – Leavenworth County

Abstract: *This project will target schools, enabling the ability to focus on sub-groups of students, staff, and parents. National, state, and community school wellness guidelines encourage healthy lifestyle behavior change in these sub-populations. Because of their daily contact with students, school staff members have an important role in preventing obesity. This joint project with Atchison County, in cooperation with local school districts, will develop a model to provide comprehensive wellness programs for school staff, providing education and support for behavior change. Staff modeling of healthy behaviors will support student development and adoption of healthy lifestyle behaviors that prevent obesity and chronic disease. To further support students in their quest to make healthy choices, a student wellness ambassador program for middle and high school students will be developed. Student ambassadors will serve as healthy lifestyle coaches to their peers. The staff development component (project of Denise Sullivan) will identify training and assessment resources to*

address a multi-dimensional approach to wellness. The student component (project of Diane Nielson) will develop an action plan to implement a Student Wellness Ambassador program in local middle/high schools.

Community Collaboration: Making a Difference, One Neighborhood at a Time

Neva Thiessen, MEd, MPH, Botanica Gardens Wichita

Abstract: *In an effort to affect the general health of an urban community, a local faith-based organization took part in a city-wide initiative to develop and design strategic programs to improve the quality of life within the greater metropolitan area. This project provides a summary of the church goals and strengths, as well as how this faith-based organization planned to become part of the community strategic plan and development.*