



“HOPE Notes”

News from **YOUR** HOPE Center
Spring 2009

North Central Health District



SPECIAL POINTS OF INTEREST

- *Happy New Year News!*
- *Continuing Quality Improvement 2008-2009*
- *News from your Dietitian*
- *Did you know?*



HAPPY NEW YEAR!



All of us at the Center are excited about the new year! One of the Center's many hopes and dreams is that 2009 will be year filled with joy and accomplishments that will better serve you. So many wonderful and exciting changes have occurred since the last newsletter! Here's just a few exciting announcements.....

- ◆ Our current Part C grant (Federal funding) will end March 31st and our new Part C grant application, which was written and submitted in December 2008, was approved for 2009-2010. Special thanks to the grant writing team of HOPE Center Nurse Manager Kelly Howerton, CBO Johnny Fambro, Consortia Chairman and Program Manager.
- ◆ Our current Part B grant (State funding) will also end March 31st and our new Part B grant application, which was written and submitted in November 2008, was approved for 2009-2010.
- ◆ We are pleased to announce that the program has established two Memorandum of Agreements (MOA)...one with a part time Registered/Licensed Dietician and the other with a part time Nurse Practitioner (NP) who will fill our vacant Primary Care Physician position! Please join us in welcoming Dietician Barbara Cowan and NP Christy Sims!



Ms. Cowan holds a BS in Home Economics Education, MEd in Nutrition from Georgia College and State University and is a Certified Diabetes Educator. She has an extensive work history and many years of experience. Ms. Cowan began in September and is providing nutritional services: e.g., BMI testing, meal planning, distributing nutritional supplements, etc.



Ms. Sims received her BS in nursing from Georgia College and State University and her Nurse Practitioner certification from Emory University. She also has an impressive work history which includes serving as former District 5-2 Nursing and Clinical Director before her retirement in 2007. She also worked as a Nurse Manager and NP at Twiggs County Health Department and Central State Hospital. Ms. Sims will be providing primary care services, e.g., sick visits, routine physicals, counseling, etc.

◆ World AIDS Day was celebrated December 1st. We hope you were able to attend one of the many activities which were held throughout the community. During the candle service Dr. Jeffrey Stephens and Ms. Mary Alexander received the Dr. Harold and Velia Katner award which is presented each year to individual (s) who demonstrate dedicated service and support in the struggle to fight HIV/AIDS. As an Infectious Disease Physician and on the front line of the battle, we're sure all of you know Dr. Stephens but many of you may be unfamiliar with Ms. Alexander. Ms. Alexander is the Chief Financial Officer for Bibb County Public Health Department...but her MOST important job is managing our budgets! Ha! Seriously, Ms. Alexander is a dear friend of the Center and has graciously provided support and guidance, both financially and programmatic, since our Program was established. Please join us in offering a big **THANK YOU** to Dr. Stephens and Ms. Alexander!

◆ In January the Center received notification that Human Resources and Services Administration (HRSA) will be visiting the Center on November 5th and 6th. The purpose of the site visit is to conduct a performance review. *Who is HRSA and what is a "performance review"?* HRSA is the principal Federal agency charged with increasing access to basic health services for the nation's underserved, vulnerable and special needs populations. HRSA continuously tracks and analyzes the performance of grantees (us) in order to assure that we (the grantee) are accomplishing our stated purposes and to improve our efforts. Our Part C program is through HRSA.

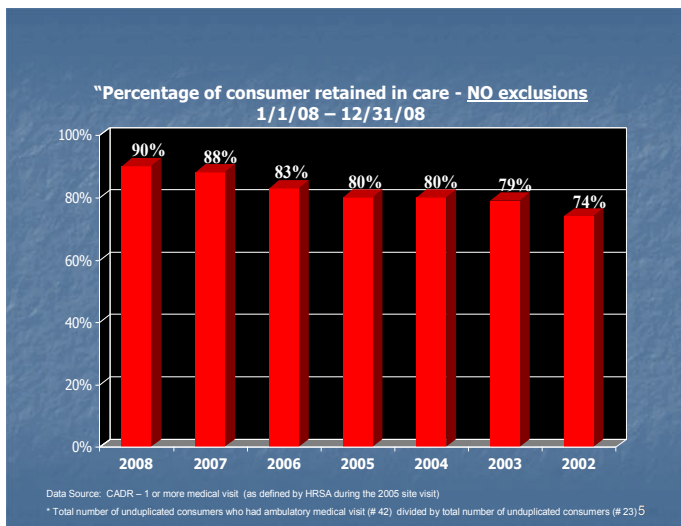
Some of you may recall HRSA conducted a site visit at the HOPE Center in 2005. Administration will need your ideas, recommendations, involvement and look for more announcements during the upcoming months ahead. Remember...this is YOUR Center....we want to provide YOU the best care and services! We want this to be a beneficial and successful site visit so please join the staff, Consortia, CBO's and all of us involved with the Ryan White program in welcoming our partners and friends from HRSA.



A CLOSER LOOK INTO QUALITY.....

If you remember from the Summer/Fall newsletter Clinical Quality Improvement (CQI) is an interdisciplinary process designed to raise the standards of the delivery of preventive, diagnostic, therapeutic, and rehabilitative measures in order to maintain, restore and improve health outcomes of individuals and all those living with HIV/AIDS. The Center has an actively involved Quality Committee which meets quarterly and during each January meeting the committee determines what the program is to measure (named indicators) during the upcoming year. Last January your CQI committee established 13 indicators to be monitored in 2008 and in during the January 2009 meeting the Program Manager presented the findings. There were areas where the Program is very successful and areas where we need improvement. One area of success is you staying in care.

This is done by us scheduling your clinical appointment with the doctor or NP and you keeping the appointment! It's a JOINT effort and the indicator is called "Percentage of Consumers Retained in Care". We gather our numbers from our data base and when we put the findings into a chart it looks like this:



As you can see we have been tracking this indicator since 2002 and each year more and more of you are keeping your clinical appointments. What this shows is that last year 90% of you kept your appointments with the doctors. CONGRATULATIONS! What is our goal for 2009????....100%....we can do it!

One area where we need improvement is with screening for cervical cancer. The cervix (which is the neck) of the uterus (the organ where a baby develops, also called the womb) can develop cancer and the screening test that is done is called a PAP's test. All of us (females that is) should have an PAP's test, regardless if we have or do not have a uterus. Once again the Center has tracked this indicator since 2002 and the rate of PAP's test performed has always been low. In 2008 only 9% of HOPE Center females had a PAP test...that's terrible! As females we realize this is not the most pleasant test, however, the Center now has a female doctor and female NP who will perform the test and make the experience a little less embarrassing. What is our goal for 2009?????....100% of all females will have an annual PAP test....we can do it!

The above are just two of the 13 indicators we monitored in 2008. For 2009 we will monitor 18 areas. To view the 2008 findings please visit our web site @ myhopecenter.org.



NOW A WORD FROM YOUR DIETITICAN....

The amount of lean muscle mass (tissue) on the body is a predictor of long-term survival, thus the more muscle you have the better!!

- ◆ A person weighing 350 pounds is no more protected from the HIV/AIDS virus than someone who weighs 150 lbs, if the most of the larger person's weight is fat.
- ◆ The number of calories you eat determine your weight gain... Excess calories are changed to body fat.
- ◆ It is better to eat three or four smaller meals per day than one large meal.

- ◆ You can save 100 calories a day by omitting one of the following each day:
 - 8 oz of a regular soft drink (12 oz. soft drink adds about 140 calories)
 - 2 cookies
 - 2 ½ teaspoons butter, margarine, or oil
 - 8 oz beer
- ◆ Animal fat is high in cholesterol, such as, butter, bacon, streak-a-lean, fat back, turkey wings, and egg yolks.
- ◆ Try some of the following tips to cut calories!
 - Remove the skin from poultry after cooking (Do not eat the skin—that is where you will find all the fat, cholesterol, and extra calories.)
 - Use non-stick pans and non-stick sprays, such as PAM, for cooking.
 - Fry less often: bake, broil, boil, roast, steam, poach, or stew foods.
 - Serve low fat or nonfat dairy products. The fat in milk and other dairy products is an animal fat, high in cholesterol and calories.
 - Make small, slow changes, instead of trying to make big, fast changes. Small changes will be easier to stick with.
- ◆ Good nutrition does not come in a pill. Eating small amounts of a variety of foods is best for your body. Learn to try new foods. Drink plenty of water. Use the calorie free flavor packet to flavor the water to help increase your intake.



DID YOU KNOW.....

National Black HIV/AIDS Awareness Day is February 7th. The Centers for Disease Control and Prevention (CDC) reminds its partners that HIV remains a threat to the health, well-being and human potential of African American communities in the United States. African American men and women of all ages continue to be disproportionately affected by HIV. Although African Americans comprise only 12% of the US population, they account for nearly half of all new HIV infections and almost half of those living with HIV. National Black HIV/AIDS Awareness Day is a day to focus our attention and efforts on reducing the barriers to HIV prevention that prevent many African Americans at risk from seeking HIV testing, treatment, and support.

U.S. syphilis rates rose for a seventh year in 2007, driven by gay and bisexual men, while Chlamydia reached record numbers and gonorrhea remained at alarming levels -- especially among blacks, health officials stated.

Blacks make up 12% of the U.S. population, but account for about 70 percent of gonorrhea cases and almost half of Chlamydia and syphilis cases, according to a recent article from the Centers for Disease Control and Prevention.

Currently the HOPE Center has two vacant positions; 1 Case Manager and 1 LPN. Both positions are advertised and interviews will be scheduled once the applicants are cleared to interview.

Each time you come in please provide your current address, home phone number and insurance information, e.g., Medicaid, Medicare, etc.

Consumer Satisfaction Survey will be conducted in March. Please help us improve the quality of care you receive...take a moment and complete the confidential survey. Your comments and recommendations are important!

The next Consortia meeting is scheduled for February 19th at 2 PM here at the Center. Please join and become involved in your care!