

Fall 2017

IL RURAL HEALTH ASSOCIATION

Illinois Rural Health
Association

9211 Waterfall Glen Blvd.
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www.ilruralhealth.org

SAVE THE DATE

IRHA Annual Educational Conference

**August 8-9th, 2018
Hilton Garden Inn
Champaign, IL**

Call for presenters
will be sent out
in January.

IRHA Offering Scholarships for Spring Semester '18

- Medical Billing/Coding
- HIT/Health Informatics
- Social Work/Behavioral Health

See page 18 for details.

Annual Educational Conference a Success

Held in Champaign, our 2017 Annual Educational Conference “Helping our Communities Stay Healthy and Prepared” was our largest conference so far with 175 attendees and 33 exhibitors. The opening session was a federal policy update from the National Rural Health Association and attendees had over 20 workshops to choose from on topics including Dealing with the Opioid Crisis, Aging Population in Rural Areas, our Rural Health Clinic Administrative Track and CMS Emergency Rule Training Workshop. Guests enjoyed after hours socials at Brixx Pizza and Old Orchard Lanes. Based on the attendees evaluations, we will be returning to Champaign’s Hilton Garden Inn again in 2018!



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- Module 5 – Procedures, Radiology, Lab, and Medicine Coding for Rural & Community Health, and HCPCS–2 Coding Highlights
- Module 6 – Review of the “ICD-10-CM Official Guidelines for Coding and Reporting”

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A Word from Our President Highlighting IRHA's Efforts

I am excited to begin my term as IRHA President. We have accomplished a lot in the past several years and our membership has seen a tremendous growth from 150 to over 725 members. I wanted to highlight some of our areas of focus and the efforts we have been putting behind them.

Providing Educational Opportunities for our Membership: *We know the compliance and billing complexities rural providers can face and we try to provide them with the educational tools to help their practices run smoother.*

IRHA Offers Members Free Educational Webinars throughout the year on topics ranging from ICD-10, Emergency Preparedness, Cyber Security, MARCA & MIPS, IMPACT Training, Federal Rural Health Updates, RHCs Compliance, EHR, HIPAA Compliance, etc.

Annual Educational Conference offers over 20 educational sessions and an opportunity to network with the state's rural health community

Semi-Annual Newsletters includes contributing educational articles from our membership



IRHA President
Robin Rose,
COO/CCO
Gibson Area Hospital

Encourage Rural Practice Among Students

Rural Health Careers Student Forums. IRHA held separate Forums at the University of Illinois in Champaign last September and at SIU in Edwardsville in March consisting of panel discussions of seasoned administrators and clinicians working in the rural health arena along with grad students and program advisors in medicine, dental, pharmacy, nursing, HIT, and mental health. The Forums helped college students and high school upperclassmen to gain insight on the many careers paths you can take in rural health and the best way to get there. We will be holding Career Forums at ISU and SIU Carbondale in 2018.

Midwestern University on Rural Health Career Webinar, at the request of the **Midwestern University's Medical Student Business Association** in Downers Grove, IRHA coordinated a webinar in which ***Dr. Greg Daviss of Princeton, spoke to osteopathic students*** about life as rural doctor. IRHA provided lunch for the students and it was a great opportunity for them to gain insight on rural practice.



Osteopathic Students at Midwestern University's Medical Student's Business Association learn about life as a rural doc.

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Rosalind Franklin Presentation at the request of the University's Rural Health Interest Group, IRHA arranged for Dr. Ron Johnson of Pittsfield to visit the campus and do a presentation for students on life as a rural doc which was extremely beneficial and inspiring.

Award Medical Billing and Coding & HIT Scholarships

Recognizing the great demand for trained medical coding and billing experts in rural areas, in the past 2 years **IRHA has awarded \$15,000 in Medical Billing and Coding & HIT Scholarships**. Individual scholarships are \$1000 and are awarded to students based on academic performance, need and plan to put their skills to work in a rural setting. **We are expanding them this year to include Behavioral Health and Social Work** (apply online at www.ilruralhealth.org).

Networking Opportunities for Membership

Annual Educational Conference (meals, exhibit interaction, even receptions and socials)

Physician of Excellence Award Receptions (evening receptions held through the state to honor our award recipients)

Rural Health Careers Forum Panel Discussions

Annual Legislative Reception

IRHA also participates in NRHA, ICAHN, IPHA, EMS Alliance and Emergency Preparedness Conferences throughout the year

Advocacy

IRHA's Executive Director is also a lobbyist with 25 years' experience at the Statehouse

IRHA Monitors legislation and advocates on issues impacting rural health

IRHA Annual Legislative Reception provides members an opportunity to meet legislators in a relaxed setting

If there is an issue you would like to see us address please let us know and also encourage your colleagues to support our mission of strengthening healthcare for rural residents by joining IRHA. Join online at www.ilruralhealth.org.



Clinician Panel at the Rural Health Career Forum at SIUE: left to right seated: Andrew Griffin, APN, CRNA, Edward Rico, MD; David Chung, MD; standing Dental Resident Dr. Denise Hand and Shriners Hospital Lab Director Amber Raasch

***Thanks to Our
2017 Annual Educational Conference Exhibitors:***

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IRHA ANNUAL HEALTH CARE AWARD WINNERS

2017 AWARD OF MERIT—PRISM RECOVER OF LEE COUNTY



**1st Row Seated L to R: Cathy Ferguson-Allen, Lee County Health Dept. Administrator and
Danny Langloss, Dixon Police Chief, Safe Passage Co-Founder/PRISM Member
Back Row: Linda Wegner, Carolyn Sweeney & IRHA Director Margaret Vaughn**

2017 RURAL HEALTH PROFESSIONAL OF THE YEAR

Erica Sutton, PA-C, Carle Foundation Hospital - Rantoul Family Medicine



**1st Row seated L to R: Dr. Frances Kramer, Avie Pagel, Erica Sutton and mom Kim Houk
Back Row Standing: Erica's father Brad Houk, husband Zak Sutton and
IRHA Executive Director Margaret Vaughn**

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IRHA ANNUAL HEALTH CARE AWARD WINNERS 2017 STUDENT OF EXCELLENCE

Elizabeth Toomey, Western IL University · Master's Program in Public Health



1st Row L to R: IRHA President-Elect Kim Sanders ,Elizabeth Toomey, IRHA Executive Director Margaret Vaughn. Back Row: Jeff Franklin and Kitty Juul, both from the SIU Center for Rural Health & Social Service Development

2017 ADMINISTRATOR OF THE YEAR

Eunice P. Chaney, BSN, RN, FMC Clinic Manager, Paris Community Hospital



1st Row Seated L to R: Jessica Cummins,; Eunice Chaney,; IRHA Executive Director Margaret Vaughn; Beth Koppler, Back row: Cheri Fellers, Jennifer Bowers Paris Community Hospital CEO & President Oliver Smith

Fayette County Health Dept Leads 33 Regional Pilot Project Pairing Flu Shots with Patient-Friendly Colorectal Cancer Screening Kits

By Adam Nation, American Cancer Society

According to the American Cancer Society, colorectal cancer is the second leading cause of cancer death among men and women combined. More than 50,000 people will die from the disease in 2017 alone. Rhonda Andrews, Administrator for the Fayette County Health Department, who lost her husband to colon cancer just two years ago, was determined to raise screening rates, especially in rural areas.

Thanks to Rhonda's hard work and dedication, **the Fayette County Health Department is now leading a pilot project of 33 county health departments called "FluFIT."** This project combines county flu vaccine clinics with the distribution of FIT (fecal immunochemical test) kits. Under this program, health department staff assess the eligibility of individuals that come in to get their annual flu shot and give them a FIT kit to take home if they qualify. Health department staff will then follow-up with each of those individuals to ensure that they return the kit to their local health department where it will be processed. Should a test come back positive, the health department staff will then notify the individual via phone and mail as well as notify their primary care provider so that referral for a colonoscopy can be made.



Minimum eligibility for FIT are as follows:

- Age 50 and above. (Individual may be younger than 50 to take FIT, but will likely have to self-pay.)
- No colonoscopy in the past 10 years; no sigmoidoscopy in the past 5 years; no FIT/FOBT in the past year.
- No immediate or multi-generational family history of colorectal cancer. (Those individuals are considered high risk should be referred for colonoscopy.)

Unfortunately, some avoid colonoscopies because they are uncomfortable with the preparation and invasiveness of the procedure. The FIT kit is a more patient friendly option. FIT detects blood in stool which can indicate possible cancer. More importantly, it only requires that individuals collect a small amount of stool from the comfort of their home bathroom using an easy-to-use kit. Once collected, the individual returns the FIT kit to their provider, health department, or lab.

It is extremely important to note that FIT should be conducted annually and any test that detects blood in the stool must be immediately followed up by a colonoscopy. Colonoscopy is the only screening procedure which can remove pre-cancerous polyps and, should there be cancerous polyps, diagnose cancer.

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LIST OF PARTICIPATING FLU FIT COUNTIES

If your health department would like to participate, please contact randrews@fayettehealthdept.org .
If you are not a health department but would like to set up a similar program in your medical office, visit flufit.org.

- Adams
- Boone
- Brown
- Cass
- Champaign/Urbana Public Health District
- Clark
- Clay
- Crawford
- Cumberland
- Effingham
- Fayette
- Franklin
- Iroquois
- Jackson
- Jasper
- Jefferson
- Jersey
- Kendall
- Grundy
- Knox
- Lawrence
- Logan
- Madison
- Marion
- McLean
- Mercer
- Perry
- Tazewell
- Wabash
- Warren
- Whiteside
- Williamson



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ICAAP Nov. 17th Annual Conference “Lives in Balance: Caring for Children with Special Needs, Their Families, Their Communities, and Ourselves in These Precarious Times”

*Elise Groenewegen, Manager Child Development Initiatives, Illinois Chapter,
American Academy of Pediatrics*

The Illinois Chapter American Academy of Pediatrics (ICAAP) will host the **8th Annual ABC Conference, “Lives in the Balance: Caring for Children with Special Needs, Their Families, Their Communities, and Ourselves in These Precarious Times,”** on Friday, November 17th at the **Moraine Business and Conference Center in Palos Hills, IL**. The conference theme was chosen based on American Academy of Pediatrics policy and priorities, as well to address the current state of affairs and challenging realities of service delivery in Illinois.

Many child-serving professionals are now familiar with the science of adverse childhood experiences, toxic stress, and the impact of social determinants on the health of children, families, and communities. At the same time, many professionals are also coming to terms with this knowledge and the challenge of caring for these children, families, and communities in the face of state budget cuts, delayed payments, lack of knowledge of and/or access to resources, and increasing caseloads. We have heard child-serving providers from multiple systems around the state say they are overwhelmed, and it is impacting their ability, as those who serve the community, to be empathetic and emotionally effective in their work.

Experts in the fields of primary and specialty care pediatrics, public health, nursing, social services, and others will deliver valuable information about navigating the current realities of service delivery in Illinois, advocating for those we serve, and professional self-care, family self-care, and community self-care in order to enable providers across many disciplines to recognize and address these realities when caring for children and families with special healthcare needs, including those impacted by trauma and adversity. Breakout sessions converge with different systems, developmental services, medical interventions, and innovative partnerships that benefit children served across interprofessional groups. They may be clinical in nature (though still meaningful to a broad audience) or may address more community-based/relational content. The keynote sessions address the overall conference theme.

In addition to this timely and important educational opportunity, the Conference offers:

- The opportunity to connect and network with professional peers and other like-hearted and like-minded professionals
- Multiple types of continuing education opportunities, including credits for clinical staff (MD/DO, NP, PA, RN, MA, LCSW, LCPC, OT, PT, and more) as well as community providers (educators, early care and education providers, and more)
- Practical information about services and resources from over 25 diverse exhibitors, including therapeutic service organizations and services/information provided by hospital systems and statewide agencies
- A professional and modern conference center that is conveniently located less than 30 minutes from Interstates 55, 294 and 80

For more information about the conference, visit www.illinoisAAP.org/abc.

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Medicaid Incentive Payment Program Continues Through 2021

Recently, the Centers for Medicare & Medicaid Services (CMS) reminded eligible professionals (EPs) and eligible hospitals (EHs) that eMIPP continues through 2021 and encouraged them to stay engaged in the program. While there are no payment adjustments in the Medicaid EHR Incentive Program, EPs and EHs can receive incentive payments for up to six years.

MIPS does not replace eMIPP. If you are required to participate in MIPS, the measures between the programs have been aligned making it easier to participate in both.

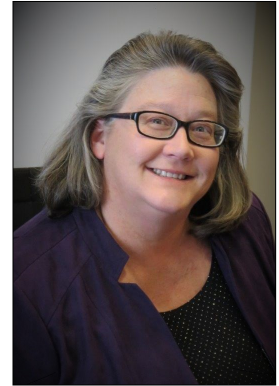
Reasons to continue in eMIPP include:

1. **Incentives!** Participating providers can still earn \$8,500 per provider per year through 2021 in achieving progressive levels of meaningful use.
2. **Alignment!** The EHR program requirements currently align with other payers' requirements and incentive programs.
3. **Data!** Tracking your data can help you realize areas you can improve on, identify health trends for patients individually and as a group, and measure patient outcomes.
4. **Support!** ILHITREC can provide support for your participation in this program at **no cost**.
5. **Preparation!** Continue to utilize benefits of the EHR you already have implemented and are paying for because this will prepare you for the transition to value-based payment models.

Rising Expectations! Patients now expect certain services associated with EHRs, such as access to their online health records, lab results, electronic messaging, electronic medical record sharing with other providers.

Since 2009, the Illinois Health Information Technology Regional Extension Center (ILHITREC) based at Northern Illinois University has been providing education, training, and direct technical assistance to providers throughout Illinois in EHR technology, meaningful use, quality improvement, and EHR incentive program participation. ILHITREC has worked under contract with the Illinois Department of Healthcare and Family Services (HFS) since 2013 to support Illinois providers and hospitals at no cost in participating in the Illinois Medicaid Incentive Payment Program (eMIPP). Most of the providers supported by ILHITREC are small and rural providers. ILHITREC's professional and clinical staff are distributed throughout the state of Illinois and include representatives from the Illinois Critical Access Hospital Network (ICAHN) and the Communities of Illinois Health Information Exchange (CIHIE) whose partnerships expand expertise and state-wide coverage.

For more information on eMIPP or MIPS contact ILHITREC at email: Info@ILHITREC.org, 815-753-5900 or visit our website at www.ILHITREC.org



Lisa Bergeron,
ILHITREC Director





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SIU School of Medicine's New Office of Population Science and Policy Hits the Ground Running its First Year

Last month, I was standing in the local Wal-Mart checkout aisle, wearing my SIU embroidered fleece jacket. "Office of Population Science and Policy. That sounds like a really fun and interesting place to work!" the man behind me exclaimed. We spent the next twenty minutes discussing the Office and our rural health focus. Our conversation ended with his final comments, "Good luck. Our region needs help."

Southern Illinois University School of Medicine's Office of Population Science and Policy (OPSP) launched in October 2016. A research and policy organization, we were created to help our region improve the health outcomes of residents in central and southern Illinois.

The Office is formed on five principles:

- Understanding the region we serve through community interactions and data analysis;
- Designing and studying optimal approaches to the prevention and treatment of disease;
- Modeling and disseminating interventions in the communities we serve;
- Educating current and future health care providers on the importance of population health to the patients they serve;
- Ultimately, creating systemic changes through legislative, clinical and educational policies, critical to providing sustainable solutions for communities.

We know our service region, 66 counties in central and southern Illinois, experiences vast health disparities, including poor health behaviors, access to care, and socioeconomic and environmental factors. These health disparities lead to negative health outcomes including poor physical and mental health and premature death. The 2017 County Health Rankings showed that 21 of the 25 counties with the worst health outcomes in Illinois are in the 66 county SIU service region. In order to improve health outcomes, we first have to understand our communities and their health challenges.

Our Executive Director, Sameer Vohra, MD, JD, and I have spent the last year traveling throughout Illinois, from Chicago to Carbondale and countless communities in between. We've talked with hospital leaders, clinicians, parents, legislators, community health workers, researchers, donors, law enforcement, educators, administrators, and social service workers. We've met amazing, innovative individuals who are passionate about improving health in their communities. Our Office has begun partnerships with 10 communities across the state, creating innovating programs aimed at improving rural health outcomes.

The Office of Population Science and Policy's ultimate goal is providing opportunities for healthier, happier, and more successful lives for the residents of central and southern Illinois. To achieve that goal, we need to partner with communities. We need to partner with hospitals. We need to partner with you. We ask for your help to build a healthier central and southern Illinois.

To learn more about the Office of Population Science and Policy, please view our website at www.siumed.edu/popscipolicy, email opsp@siumed.edu, or call 217/545-7939. Follow us on Facebook, Twitter and LinkedIn.



**Heather Westrick, MBA,
CMPE, CCRP
Administrative Director
SIU School of Medicine**





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carle.org/farmsafety

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AgriSafe is an international 501©3 organization representing health and safety professionals who strive to reduce health disparities found among the agricultural community.



www.agrisafe.org



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IRHA Offers Spring Semester 2018 Scholarship Opportunities

Because of the growing demand for HIT-Health Informatics and Medical Billing & Coding experts, as well as the great shortage of mental health professionals in rural areas, IRHA is offering four \$1000 scholarships in each of the following disciplines:

- Medical Billing/Coding
- HIT/Health Informatics
- Social Work/Behavioral Health*



Criteria: Students currently enrolled in one of the above mentioned programs, with a strong interest and intent of working in a rural health area who would otherwise NOT have their full tuition reimbursed through an employer or grants, etc.

Application deadline November 20th. Recipients will be notified in early December.

Apply online at www.ilruralhealth.org. Contact: staff@ilruralhealth.org with questions

* Special thanks to Gibson Area Hospital and AHEC for lending their support to the Social Work/Behavioral Health Scholarships.



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Lee County Hosts Camp DREAM: Diabetes, Recreation, Education, Activity and Me

Recently, the Lee County Health Department (LCHD) and the Partnership for a Healthy Lee County hosted their 4th annual camp for youth with diabetes and their families at Stronghold Camp and Retreat Center in Oregon, IL. The camp is a one day event that allows youth with diabetes to experience a typical day at summer camp, interact with other youth facing similar challenges, and parents and families to network with each other.

The camp is offered as a free event thanks to donations and sponsorships, and is also able to provide campers and their families with great giveaways. This year, we were able to host 60 youth with diabetes, their siblings, parents and other adult caregivers. Campers were able to take home around \$1100.00 worth of diabetic supplies and information!



Diana Vasquez
Director of
Community &
Personal Health
Lee Co. Health Dept.



On July 16th campers and their families enjoyed a day of fun together at the Stronghold Camp and Retreat Center in Oregon.

Camp Also Offers Education & Networking for Parents

The camp takes a holistic approach to living with diabetes by including the siblings, parents and caretakers of the youth because the disease impacts the entire family. While the campers and their siblings are out enjoying different activities like archery, teambuilding initiatives, crafts and gaga ball, the parent and caretakers are able to participate in a panel discussion with childcare and diabetes professionals as well as network with each other. This year we were able to offer the volunteers, parents and caregivers free chair massages as a gesture to show the importance of also taking care of one's self. The camp is always a great day for the youth with diabetes but has been proven to be just as important for the families; and the volunteers.

For additional information on Camp DREAM, contact Diana Vasquez, LCHD's Director of Community & Personal Health at 815-284-3371.

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— **Deonne Henry**
VP of Revenue Cycle
Magnolia Regional Health Center

“The staff is professional and knowledgeable. It's a true partnership; they treat your revenue cycle as their own and deeply care about your hospital's success. We're excited for the future.”

— **Brandon Wietting**
Revenue Cycle Manager
Massac Memorial Hospital

Contact Chris Hegwood
chegwood@os-healthcare.com

800.799.7469



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os-healthcare.com/efficientc

Evaluation of Preventative Screening in Rural Illinois Primary Care Practices

In the summer of 2016, I decided to take on a research project with Martin MacDowell, DrPH looking into the screening methods for fall risk and depression. Due to the changes set to take place with MACRA, we decided that a project where we look into the rates of positive screens for fall risk and depression would be beneficial and would show rural Illinois providers that there is justification for doing these screens. Many providers do not feel these screens are necessary because these problems are difficult to treat and/or they feel they aren't prevalent in their practice. So, by looking at an average rural town, we felt we could show these conditions are prevalent and need to be screened for in any rural population.

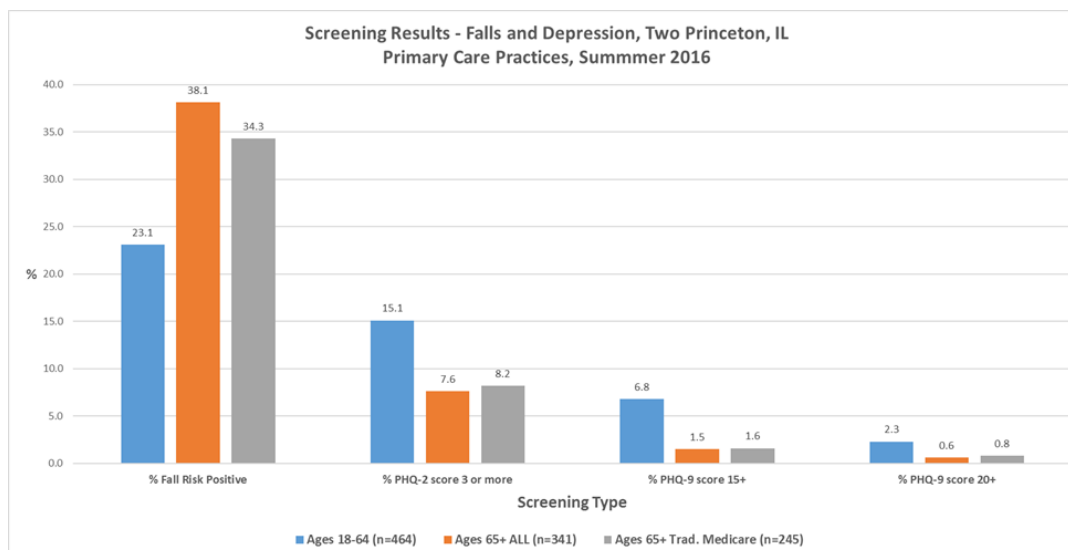
For the project, we utilized the practices of seven providers in two separate practices in Princeton, IL and asked them to screen all patients over the age of 18 from June 2016 to August 2016. We created a one-sheet form for the providers to give to the patient that contained both screens. For fall risk, we used a two-question screen recommended by the CDC. We asked the patients if they had recently fallen and if they had a fear of falling. For depression, we asked the patients to fill out a PHQ-2, a screen recommended by numerous organizations for depression. If the patient scored three or higher on the PHQ-2, they were directed to turn the page over and complete the full PHQ-9.



**Zeke Hartman, BA
M3 – UIC-Rockford
Rural Medical
Education Program**

At the end of the project, we had 805 surveys completed by patients 18 and older. For fall risk, 23.1% of working-age people (ages 18-64) screened positive for fall risk and 38.1% of the Medicare population (ages 65+) screened positive. For depression, 6.8% of working age patients screened over the threshold for moderately severe depression (15 or over on the PHQ-9) and 1.5% of Medicare-aged patients were over the same threshold. 2.3% of working-age patients screened positive for severe depression (20 or over on the PHQ-9), while 0.6% of Medicare-aged patients were over the same threshold.

This project returned results that were consistent with national and state averages for fall risk and depression. Our hope is that this project can be used as evidence to show that primary care offices need to be doing these screens because these problems are prevalent in all rural communities in Illinois. Additionally, these screens are part of the quality standards required by CMS and MACRA. In the future, practices must be doing these screens to receive full reimbursement for patient care.





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**Rural Illinois
Medical Student
Assistance Program**



IL RURAL HEALTH ASSOCIATION

Jersey County Health Department Participated in the Global Big Latch On 2017

Rebecca Shipley MS, RN - MCH Coordinator

The Jersey County Health Department's WIC Program and Breastfeeding Support Group held its Third Annual Global Big Latch On event on Friday, August 4, 2017. The Global Big Latch On is an annual event held at locations around the world in August during World Breastfeeding Week and National Breastfeeding Month. Women gather together to breastfeed, offer peer support to each other and promote breastfeeding in the community. Seven breastfeeding moms and their babies were in attendance and took part in the Latch On at 10:30am. WIC staff also in attendance included Erin Thompson C.L.C., Breastfeeding Peer Counselor, Carol Acord R.N., C.L.C., Dana Murray R.N., C.L.C., and Mary Havlin R.N., C.L.C. This event was presented with support from the Edwardsville Region Breastfeeding Task Force and lunch was served to all participants. New friendships were made and breastfeeding moms received the congratulations and support they need and deserve.



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Employee Benefits Consultant
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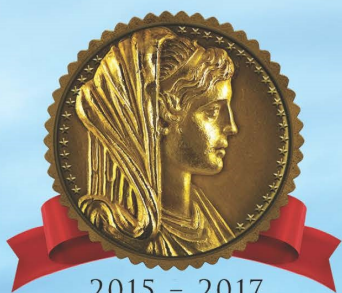


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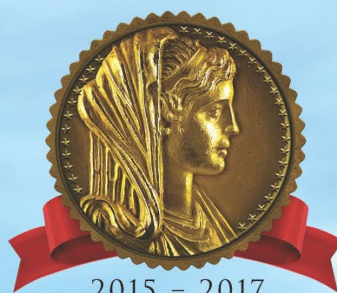
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