

SUMMER 2021

RURAL HEALTH UPDATE

PARTNERSHIPS IN ACTION

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Preceptor Spotlight

LAURA NULPH, MD

Laura Nulph, MD is a family medicine provider in rural West Virginia. She was born and raised in Barbour County, and always planned to stay in the state. Dr. Nulph shares that she's long felt that the state is underserved and that rural West Virginians deserve the best care possible. She finds the relationships built and the community connections the most rewarding part of administering healthcare. "I wanted to be a part of the community in a way that is only seen in rural neighborhoods. I love the relationship that I am able to develop with patients. I care about not only their health, but also their lives outside of the clinic. We discuss gardening, hunting, raising children, vacations. Sometimes our children go to school together or we attend the same church. I often care for multiple generations of the same family and find that I am as important to them as a family member."

Dr. Nulph is married and has 3 children, and they live on a farm raising pigs, goats, and chickens. She also gives presentations to local schools and at EMT events. Her primary care office, Pendleton Community Care, is located in the town of Franklin in Pendleton County, nestled in the mountains of the eastern part of WV. Pendleton Community Care has three primary care locations, Franklin, Harman, and Riverton; plus, two pharmacy locations in Franklin and Harman. Pendleton County's last population count was in 2019 with 7,001 and just over 620 people living in Franklin. When asked about her best advice for health profession students on their first rural rotation she said, "The rural rotation is not just about learning new medicine. It is about observing the relationship between your preceptor and their patients in the community. Pay attention to discussions about extended family members, gardening, or children. Not only does it make rural medicine more rewarding, but it often also provides insight into other aspects of healthcare that would have been missed."

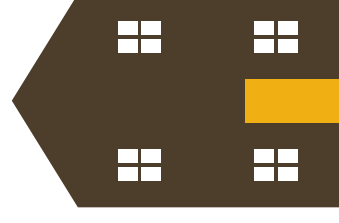
If you are a medical student interested in a community-based rural rotation, please contact your campus coordinator to find out more. If you are a healthcare provider in a rural area and want to become a preceptor for future healthcare providers, please contact Molly Linkous at WVU Institute for Community and Rural Health, mlinkous@hsc.wvu.edu.

Housing

Health sciences students travel to mountains in housing and immediate they can be at peace student housing is crucial and Rural Health to find they belong. With IC matter where their clinic that provides a comfortable and engaging with continues to facilitate locals with activities encouraging student work and enjoy life a Virginia.

"We make s comfort felt wa to get t clinic, a good c that pe my rural

Ahm Hou



"The provided housing has always been a tremendous to navigate the uncertainty of private housing accommodations to focus on the central clinic though my rural rotations

Grants

GRANTS UPDATE

The Institute for Community and Rural Health (ICRH) has been broadening the scope of grant applications submitted and, correspondingly, the network of partners ICRH works with on grant projects. Since 2017, ICRH has submitted nine grants with community partners and been a major partner on two additional grants submitted by other organizations. Currently, five of these grants have been funded and two are still under consideration for funding. The two grant applications still under consideration address the RCORP-Psychostimulant program (see below for additional detail) and Early Literacy programming in the Greenbrier River Valley.

Current funded projects take place in various communities and counties throughout the state including, Braxton, Barbour, Clay, Fayette, Gilmer, Greenbrier, Harrison, Jackson, Marion, Nicholas, Pleasants, Pocahontas, Preston, Ritchie, Roane, Summers, Taylor, Upshur, Webster and Wood.

Partners span the spectrum of rural primary care healthcare services, including, WV Area Health Education Center, Mid-Ohio Valley Rural Health Association, the Mid-Ohio Valley Health Department, Minnie Hamilton Health Systems, Northern West Virginia Rural Health Education Center and Westbrooke Health Services, Coplin Health Systems, Seneca Health System, Fruits of Labor, God's Way Home, Community Care of WV, WVU Behavioral Medicine department, United Summit Center, J.W. Ruby Memorial Hospital, and Louis K. Johnson Veterans Medical Center.

The Rural Communities Opioid Response Program

(RCORP) Implementation grant through Health Services and Resources Association (HRSA) began September 2019 and will be completed August 2022. The goal of the RCORP grant is to strengthen and expand substance use disorder programs and services in rural areas. The service area for this current RCORP grant covers the rural counties of Gilmer, Jackson, Pleasants, Ritchie, Roane, and Wood Counties. The consortium partners within the RCORP grant consists of the Mid-Ohio Valley Rural Health Association, the Mid-Ohio Valley Health Department, Minnie Hamilton Health Systems, Northern West Virginia Rural Health Education Center and Westbrooke Health Services. Along with these awesome partners, Coplin Health Systems joined our consortium effective March 2021. Through the collaborative

Peer Support Specialists are integral to the work within the RCORP grant. Through RCORP, The Mid-Ohio Valley Health Department utilize PRSS to lead the county Quick Response Teams. These teams are a point of referral to help connect people to treatment. As an example of this work, in Calhoun and Pleasants Counties, these teams led by the PRSS work with prosecuting attorneys, bail bond's men and law enforcement to assist with finding treatment for individuals. These individuals are often diverted out of prisons to treatment centers. Amazing stories of success are shared by the PRSS at the monthly team meetings. One of these success stories is that of a young mother who was affected by substance use disorder. Due to an arrest, she lost her children and found herself in jail two years ago. She was assisted by one of the PRSS in Pleasants County. This PRSS received a referral from the prosecuting attorney. The PRSS went to visit her while she was in St. Mary's Correction Facility. Through a few visits and conversations, she entered treatment. This woman is now successfully employed as a PRSS with Westbrooke Health Services and recently has her children back in her care. This is just one of many stories of people who find hope and healing through the services offered in the rural counties, with support from grant-funded programs such as RCORP.

One of the goals of the RCORP-implementation grant is to expand and enhance services in rural areas to treat people affected by opioid use disorder (OUD). One of these services offered to assist with OUD is through the services available within a Medication-Assisted Treatment (MAT) program. One model for a MAT is the Comprehensive Opioid Addiction Treatment program (COAT) program which is a program offered at WVU. The COAT program offers not only medication management but also group therapy sessions. Minnie Hamilton worked with WVU through a grant to offer this treatment service within their behavioral health program, Fall of 2019. Through RCORP funding the program was able to continue to expand further and is now flourishing with the need to add a medical director for the program. This will allow access to this treatment service for even more people in Calhoun and Gilmer Counties. There has also been an expansion of a MAT program at Westbrooke Health Services. WHS will be offering MAT through the addition of a mobile unit. This mobile unit will meet the needs of people in rural counties where accessing a MAT program is a barrier. Westbrooke will begin to offer service through a mobile unit in Tyler, Pleasants, and Jackson County with goal to expand within the next year. The RCORP grant has

allowing WVU and community all of the requirements in place residency program. The RTT-F objectives. 1) Develop a new program based in a rural area, that includes ongoing funding resident begins the program. follow career outcomes of resident period of at least five (5) years a rural setting for more than 5 the residency, and creating other rural communities, WVU is creating makes it more likely residents completing their residency. RTT didactic events and specialists telehealth/telepsychiatry during

Key partners for the RTT-F Behavioral Medicine department Community and Rural Health, (rural WVUMedicine), J.W. Ruby (WVUMedicine), Louis K. Johnson (rural) and Community Care contribute certain expertise to developing the new rural residency WVU Behavioral Medicine residency experience through RTT-P program Principal Investigator Institute for Community and Rural Health, has extensive expertise practice and rural culture. The development of the residency didactic topics and experience Kari-Beth Law who is the Director

Since the funding was received integration of rural psychiatry Dr. Daniel Elswick participated conducted the Motivating Model This is one avenue for recruiting after medical school. The ICRH the tracking plan required to follow program graduates for a period maintains an on-line system to track activities. This database, TRAC collection and scheduling pro

Hub Info

2021 PIPELINE RURAL EDUCATION PROGRAM (PREP)

According to the RHI (Rural Health Information) Hub, maintaining healthy rural communities depends on a robust rural health workforce. However, provider shortages are more common and oftentimes more severe in rural areas. Rural communities need physicians, nurses, dentists and other healthcare professionals that are well-educated, well-trained and have had experiences that expose them to and prepare them for rural practice. Minorities have also systematically experienced a greater number of health disparities based on their racial or ethnic group. As a nation, minorities tend to experience a disproportionate burden of disease, specifically; asthma, cancer, diabetes, obesity, chronic liver disease, Hepatitis and HIV/AIDS. Higher rates of health conditions and disease among Black/Non-Hispanics are often attributed to lower incomes, higher poverty rates, and less insurance coverage.

To combat the shortage of rural healthcare providers, the WVU Institute for Community and Rural Health has created PREP (Pipeline Rural Education Program). Creating more opportunities for undergraduate students to be exposed to rural curriculum will bridge the gap much sooner. PREP will recruit and retain ten students per year and offer a \$500 participation award at the completion of the program.

PREP will introduce West Virginia University undergraduate students (juniors and seniors) in health professions programs to a rural experience through successfully-proven, established, hands-on, interactive activities that will enhance their knowledge about serving rural and underserved communities. The PREP program will also help to build a diverse future workforce leading to greater access to healthcare for rural areas. PREP will be targeted to first

generation college students, students of color, and veterans.

The established student rural programs, WVU Rural Health Day, Rural Health Interest Group, Project REACH and the WVAHEC

Rural Community Scholars Program have didactic, immersive, and outreach activities designed for undergraduate students to digest.

Students that participate and complete the PREP program will then funnel into the WVAHEC Rural Community Health Scholars Program. The WVAHEC Rural Community Health Scholars is a two-year program offered to 75 of West Virginia's top health professions students from institutions across the state; this program aims to provide supplemental and interprofessional educational experiences to those interested in practicing in rural or underserved communities.

Once the students complete the program, an online evaluation and exit interviews will be administered. These mechanisms, measuring perceptions of their learning experiences, will also measure attitudes about the learning process and opinions about their individual goals. We will measure satisfaction and gain a holistic understanding of how to enhance and improve moving forward. The intent is to impact the state with a greater number of rural professional clinicians dedicated to serving their communities.

PREP coincides with the goals and activities already established in the Institute's HRSA (Health Resources and Services Program) and RHI (Rural Health Information) funding. Christie Zachary, Program Manager for Student Outreach and Marketing and Jessica Stidham, Program Manager, WVAHEC Rural Community Health Scholars will manage and oversee the recruitment, retention and day-to-day activities of PREP.

PIPELINE RURAL EDUCATION PROGRAM

Introducing WVU undergraduate rural healthcare professions. All seniors in the listed majors are awarded at the completion of the award available. Participants are chosen begin in Fall. To apply: <https://www.hsc.wvu.edu/icrh>

The WVU Institute for Community and Rural Health is committed to the principles of social justice and the perspectives and experiences

WV AHEC RURAL COMMUNITY HEALTH SCHOLARS PROGRAM 2021

The WVU Institute for Community and Rural Health is pleased to announce that 33 of West Virginia's best and brightest health professions students recently graduated from the WV AHEC Rural Community Health Scholars Program (RCH Scholars). Participants from five institutions and fourteen disciplines across the state of West Virginia spent two years learning about rural and medically underserved communities in order to positively impact the lives of West Virginians post-graduation.

Through this program, Scholars developed an astute understanding of how to become leaders in their professions and communities, how to best implement health care services in rural or underserved areas, and work as an interprofessional team. Scholars also received supplemental training and education from experts in healthcare pertaining to rural and medically underserved communities;

MARSHALL UNIVERSITY:

Psychology (Psyc.D):

- Hershman, Cassandra
- Lawhon, Megan
- Savelli, Carmen

UNIVERSITY OF CHARLESTON:

Pharmacy (Pharm.D):

- Hoff, Danielle

WEST VIRGINIA UNIVERSITY, CHARLESTON CAMPUS:

Medicine (MD):

- Simmons, Kelly
- Walkup, Grace

WEST VIRGINIA SCHOOL OF OSTEOPATHIC MEDICINE:

Osteopathic Medicine (DO):

- Delmar, Kayla
- Foko Tito, Emmanuel Dimitri
- Geffre, Michaela
- Logan, Linda

WEST VIRGINIA UNIVER CAMPUS:

Dentistry (DDS):

- Ballengee, Andrea
- Harper, Ellyn
- Marino, Rachel
- Mason, Olivia
- Michaels, Sarah
- Popp, Megan

Exercise Physiology (UG):

- Little, Elizabeth

Health Informatics and Info

- Boyce, Ashley
- Dayton, Alexandria

Nursing: PhD Nursing:

- Wallace, Kimberly

Nursing: Doctor of Nursing

- Wukasch, Jessica
- Bachelor of Science in N
- Harris, Marissa
- Mullen, Courtney

Nutrition/Dietetics (UG):

- DuVall, Michelle

Occupational Therapy (M

AHEC

WEST VIRGINIA AHEC FACULTY AND STAFF AWARDED FOR INTERPROFESSIONAL EDUCATION

The West Virginia Area Health Education Center (AHEC) has recently been awarded the 2021 interprofessional education (IPE) Faculty and Staff Award from the West Virginia University Office of Interprofessional Education.

The WVU Office of Interprofessional Education with WVU Libraries has awarded the WV AHEC for excellence in interprofessional education. Interprofessional education is when students from two or more professions learn about, from, and with each other to enable effective collaboration and improve health outcomes. Once students understand how to work interprofessionally, they are ready to enter the workplace as a member of a collaborative practice team. This is a key step in moving health systems from fragmentation to a position of strength.

"Interprofessional education is incredibly beneficial because it allows students to collaborate, innovate, and cultivate leadership skills across disciplines," Stidham said. "The WV AHEC Rural Community Health Scholars Program focuses on IPE as a way to help our Scholars think more critically about the ways they can create meaningful change in our medically underserved and rural communities."

Three faculty and staff members are being recognized for this award: Treah Haggerty, MD, MS, an associate professor for WVU School of Medicine and a co-director of WVU Rural Track and Rural Scholars program; Jessica Stidham, MA, program manager for WV Area Health Education Center Rural Community Health Scholars; and Jacquelynn Copenhaver, MA, grants manager for WVU Institute for Community and Rural Health.

"This award is special for our team, as it highlights the passion we have for helping West Virginia's next generation of health professionals prepare to go into the field," Stidham said. "We are so grateful that our program can be highlighted in this way."

WVU's Office of Interprofessional Education has developed a three-phase approach to their program with students starting on the continuum as a novice and working towards

CARR EXPA

Here come the pharmacy students from the Community and Rural Rotation. They have expanded to include pharmacy dental students who have been in January-June 2018. Jacquelynn and I have been co-coordinating the program with great results. Jacquelynn and I have had dental student experiences, navigated and sometimes the reschedule and continuing to get positive and useful feedback. Based on this success, ICRH is leading funding additional awards along with discipline. In January of 2021, Jacquelynn and I meet virtually with folks from the pharmacy and got a quick and enthusiastic response to the pharmacy student CARRS to the pharmacy students either in late July 2021 in Logan County. We are excited to work with their students as we continue to expand the program.

The most popular community health education Technology Academy (HSTA) and Community Healthcare Outcomes to receive high marks with over 90% they would recommend the merger of their CARRS experience, our evaluation and the following are the results.

Shawn Ballard; dental student.

"This project was meaningful and grew up in this area and had worked with professional that the students were present in the dental field, and the need of dental professionals in the field that my presentation to the students was a great example of the need of dental professionals in the field."



Treah Haggerty, MD, MS



Jessica Stidham, MA



HSTA VIRTUAL SUMMER CAMPS TO

West Virginia University's Health Sciences & Technology Academy (HSTA) is holding virtual summer camps to help empower high school students in rural West Virginia.

The camps encourage students to take their health into their own hands by identifying healthy food options at the store, preparing healthy meals, and being aware of the natural and wholesome options out there.

"I hope that the students look at their backyard and see it as a potential garden instead of an empty yard," said Christina White, Lead Instructor for the HSTA Summer Camps. "We hope to help

"We do a lot more than just herbs — we also focus on nutritious recipes, and learn healthy eating camp is to realistically be health focusing on natural remedies."

West Virginia has some of the infrastructure, fresh food can be student explained that there are town. These students have to v

RUSH

RURAL UNDERGRADUATE SHADOWING IN HEALTHCARE PROGRAM

The Rural Undergraduate Shadowing in Healthcare Program provides participants with a unique experience that offers insight into what it is like to practice a health profession in rural West Virginia.

The RUSH program is very competitive and only awards four to five spots per year. Participants must be a current WVU student in good academic standing planning to pursue a healthcare career with the possible long-term goal of practicing in a rural or underserved area of West Virginia in Family Medicine or Dentistry. Selected students shadow a rural practitioner for a total of 20 hours during specific dates agreed upon by the participating practitioner and the student and work with the WVU Institute for Community and Rural Health and the WVU Pre-Health Professional Development Office to identify other rural-related programs relevant to their chosen health profession discipline. This could include research and outreach activities. RUSH students also meet one or more times with the Pre-Health Professional Development Office to put together their professional school application, which includes guidance on class choice, writing a personal statement, mock interviews and obtaining a committee letter.

Despite the challenges of the global pandemic, five students participated in the RUSH program for 2020-2021 and finished their 20 hours between December 2020 and March 2021. This is a testament to the dedication of our preceptors to provide our students with a full experience. We hope to expand RUSH to include nursing and possibly an additional dentistry preceptor for



Victoria Dean, a junior majoring in nursing from Kingsport, TN, also shadowed at the Tug River Medical Center in

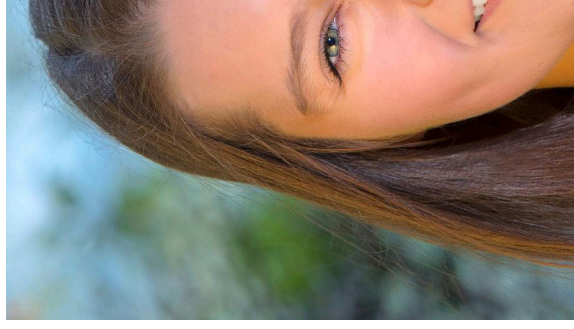
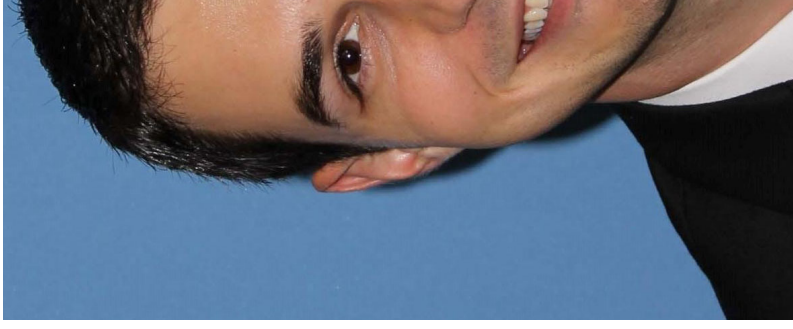


Service

WVU ICRH SERVICE PROGRAM

Five medical students and two dental students were awarded service program funding during FY121 totaling \$225,000. Medical students Trey Giorelli MS1, Brandon Glover MS4, Savannah Lusk MS2, Robert Snedegar MS3 and Luke Stover MS2 will receive \$25,000 each and will be required to complete a 12-month service commitment in a rural/underserved area of West Virginia after

residency. Dental students Matthew Dolan and Seth Prince (not pictured) received \$50,000 each and will be required to complete a 24-month commitment in West Virginia. Matthew will be practicing in Boone County at Howell Family and Cosmetic Dentistry and Seth will be practicing in Wyoming County at Prince Dental beginning this summer.





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