

MOMENTUM

McKendree University offers master's level nursing scholarships

Telligen Community Initiative calls upon critical access hospitals and public health departments to collaborate

Addressing the needs of rural populations is more critical than ever as we move toward population health, and we need you to be a part of this instrumental transformation.



Securing grant funding through the Telligen Community Initiative (TCI), McKendree University has partnered with the Illinois Critical Access Hospital Network (ICAHN), public health departments serving rural populations, the Illinois Public Health Association (IPHA), Illinois Nurses Foundation (INF), and the Southern Illinois Public Health Consortium (SIPHC).



The TCI concept plan, derived from a foundational academic/public health partnership partially funded by INF, allows critical access hospitals to partner with their area public health departments, creating a dyad. This dyad will work together in creating a plan to address a specific health issue for the population it serves.

"Population health is not just a one-location, actionable item. It takes a village, and engaging in best practices with universities and their

students, enhancing the resources and access of both the health department and the provider locations, can create a huge impact on rural communities," said Angie Charlet, ICAHN's Senior Director of Quality, Education and Compliance.

"Population health is the foundation to building dynamic and healthy communities for all ages, and we are excited to work with McKendree University and all these other forward-thinking and innovative partners, trained on meeting the healthcare needs of our communities today and sustaining local, rural healthcare for the years to come."

In response to the need, McKendree University created a Master's of Science in Nursing option specific to population health. The students eligible for a grant-funded scholarship in this option will come from critical access hospitals, public health departments, or any other areas of healthcare where the main focus is addressing the needs of rural and underserved populations.

"Our goal is to have four dyads, each dyad having a student work in conjunction with the CAH and the public health department in planning, implementing, and evaluating the project for the dyad," said Dr.

Janice Albers, DNP, RN, PHNA-BC, CLC. "Even students who are not aligned with a specific dyad may be eligible for scholarships in the population health option of our MSN program."

Dr. Albers also announced that nurses who work within critical access hospitals, other hospital networks, public health departments, and other healthcare organizations who have existing agreements for tuition reduction are afforded a 10% discount in tuition, if engaging in the population health option, and through the TCI

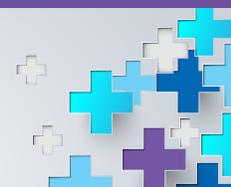
"We want to connect students with projects that organizations find very meaningful. The students working within the practicum are essentially the 'resources' needed to implement, operationalize, or trigger some of the projects needed."

– Dr. Janice Albers, DNP, RN, PHNA-BC, CLC, McKendree University

Continued on Page 2

IN THIS ISSUE:

- ALMH wins award for environmentally responsible practices – Page 4
- Pinckneyville hospital holds groundbreaking for new wellness center – Page 5



Telligen Community Initiative – From Page 1

grant, twelve \$1,000 scholarships are available for prospective students in 2019. “With McKendree’s MSN program, you have the choice to earn your degree in a traditional two-year timeframe spanning five semesters, or a part-time format,” said Dr. Albers. “All classes are offered online, giving you the flexibility to complete your coursework when it’s most convenient for you. Culminating practicums and scholarly projects give you the opportunity to apply what you’ve learned in a real healthcare environment while receiving expert mentoring from faculty and professionals in the field.”

However, educating nursing staff and students is just one piece of the population health puzzle in this initiative. “We are looking for public health departments and critical access hospitals to team up with us and make a plan,” said Dr. Albers. “To accomplish this, we have created the Population Health Project Repository. The repository offers the means for us to gain insight into what is really needed out in the communities... a way to determine what CAHs and public health departments, and other organizations need as well.”

“We want to connect students with projects that organizations find very meaningful,” said Dr. Albers about the online form that organizations can submit their wish list projects. “The students working within the practicum are essentially the ‘resources’ needed to implement, operationalize, or trigger some of the projects needed.”

The repository is an online form that collects basic contact and project information for pairing students in their practicum with a specific



What is the repository and why is it important?

- An online form that collects basic contact and project information for pairing students in their practicum with a specific organization wishing to complete a specific population health project.

Repository Link: https://eforms.mckendree.edu/eformsx/eform.aspx?form_id=656

organization wishing to complete a specific population health project. It is now the goal to roll out this project, beginning with the creation of the dyads and organizations submitting their requests to the repository.



This project was funded in part by the Telligen Community Initiative to initiate and support, through research and programs, innovative and farsighted health-related projects aimed at improving the health, social well-being, and educational attainment of society, where such needs are expressed. For questions about this program and how your facility can be a part of this program, contact Dr. Janice Albers at jalbers@mckendree.edu.

Horizon Health, HRC partnership paves way for new ‘Life Center’

The groundbreaking for a new ‘Life Center’ took place in April on the campus of Horizon Health, Paris. This initiative is a partnership between Horizon Health and the Human Resources Center of Clark and Edgar Counties (HRC) and is designed to effectively integrate mental health into primary care services.

The new space will be shared between HRC and Horizon Health’s senior care program. Construction is expected to take one year and be completed in the spring of 2020.

The ‘Life Center’ will offer a number of benefits for patients and staff of both organizations.

- With HRC’s full complement of mental health services adjacent to Horizon Health, HRC staff, as well as patients, can simply walk between the two locations.

- HRC, and mental health at-large, have an ongoing struggle with perception, or stigma. Seeking mental health, within the primary health campus, will lessen stigma and aid in integration.
- Providers will be able to request screenings or other intervention services immediately given the close proximity of the Life Center and Horizon Health.
- The Life Center will include a crisis center with after-hours coverage to address challenges often encountered in the emergency room.



Proposed new ‘Life Center’ on Horizon Health campus

The new space will also benefit Senior Care, Horizon Health’s outpatient psychiatry program for senior citizens. It was also noted that Horizon Health and HRC are already working in close collaboration on the telepsychology services that started last fall at Horizon Health.



Substantial decreases noted in Illinois

Decline of the rural general surgeon workforce in the Midwest

BY JAROD SHELTON, third year medical student
UIC-Rockford Rural Medical Education Program

According to reports published by the American College of Surgeons, the number of rural general surgeons per 100,000 persons dropped from 6.36 to 5.02 (21.07% decline) from 1985 to 2005.

Recent data published by the Health Resources and Services Administration suggests that the decline of rural general surgeons continues at a rate of 0.5% to 1% annually with substantial decreases noted in Illinois and several other Midwestern states from 2010 to 2016. The reduced recruitment of general surgeons to practice in rural areas has contributed to rural surgeons being significantly older than their urban peers (Figure 1). Data trends (Figure 2) demonstrate that lower rural general surgeon availability is an impending issue that may have major consequences for patient populations that are served by critical access rural hospitals.

The availability of surgeons in a rural community is long-standing, and immediate intervention is needed to increase medical student and/or surgical resident interest in rural practice, since surgeons are a key aspect of providing care. In addition, students who were raised in a rural environment are more likely to return to a similar setting to practice.

As published in JAMA Surgery, students raised in metropolitan areas were also more likely to practice in a rural area after completing a surgical rotation in a rural hospital. Urban background students who are unfamiliar with rural life are not aware of the unique benefits that are found in smaller communities.

A broader scope of practice, the ability to deliver patient-focused care, and improved quality of life are common reasons cited by general surgeons who chose to practice in rural America. Early exposure to the surgical opportunities that are available to aspiring surgeons in training may help alleviate the expected general surgeon shortage that many small communities in the Midwest are facing. Although anecdotal, several rural medical education (RMED) students at the University of Illinois at Rockford are now actively pursuing surgical careers after being involved in a new surgical rotation experience in a rural community. Therefore, rural hospitals with available resources should actively seek opportunities for medical students that expose them to the uniqueness of rural surgical practice.

Figure 1: General surgeon age distribution in Illinois

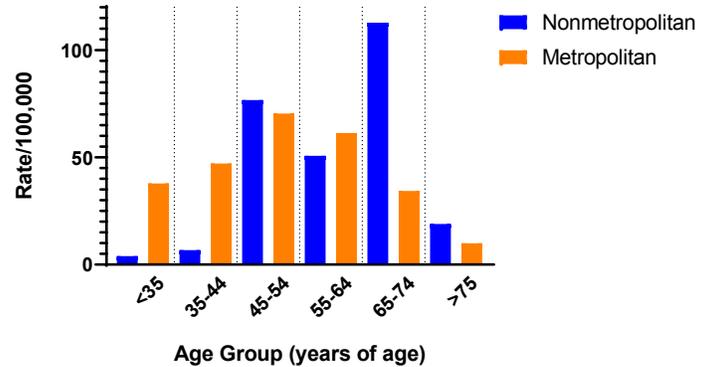
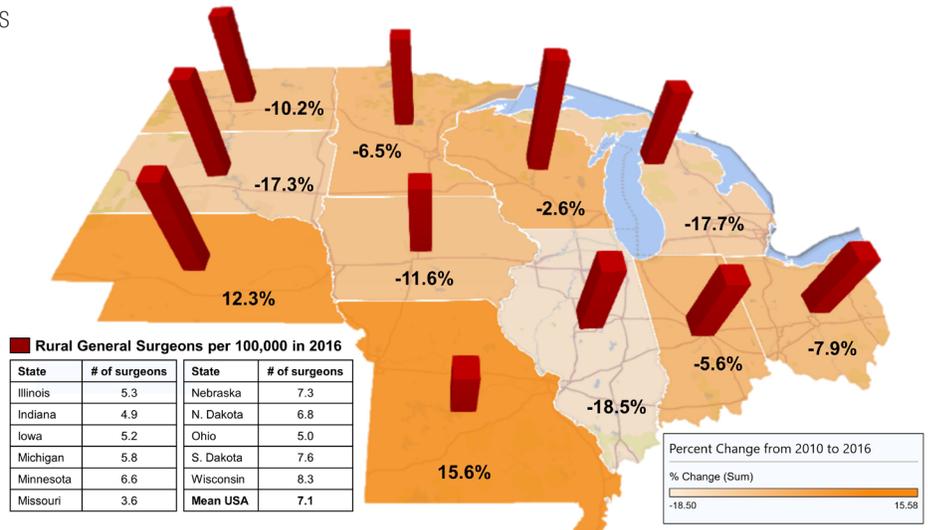


Figure 2: Patterns related to rural surgeon availability in Midwestern states



This map of Midwestern states shows the rates of rural general surgeons in 2016 (red bars) and percent changes of rural general surgeons from 2010 to 2016 (orange map). Exact values for each variable are shown. The sharp declines seen in Illinois, South Dakota, and Michigan may be due to the relocation of general surgeons from nonmetropolitan to metropolitan regions. The retirement of general surgeons from these regions does not explain the sharp decline.

DATA MANIA

ICAHN Webinar Series:

Utilizing healthcare data to your advantage

- **What do all these hospital numbers and reports mean?**
- **What can I learn from claims information from an ACO or insurance company?**
- **How can data make a difference in patient care or population health management?**

In response, ICAHN's Illinois Rural Community Care Organization (IRCCO) staff developed a new four-part webinar series, entitled "Data Mania," to answer these types of questions and to promote a better understanding of how to utilize and manage healthcare data.

The first two programs in the series, "*The ABCs of Clinical Informatics*" and "*The Deeper Dive: How to Break Down Your Financial Performance Numbers*" were presented earlier in April by Jackie King, ICAHN Director of Informatics. The third webinar in the series will take place on Wednesday, May 8, beginning at noon. Lesa Schlatman, ICAHN Director of Clinical Transformation, will cover "*Eliminating Patient Care Gaps: Understanding the Financial Opportunities Preventative Approaches Provide.*" There is time to still register by visiting www.icahn.org.

The final segment in the series highlights Angie Charlet, Senior Director – Quality, Education & Compliance who will present "*Why Quality? What Do the Quality Scores Tell Us and What Do We Need to Improve?*" on Wednesday, May 22, also at noon.

Each of these recorded webinars provides tools to turn data into action items to help achieve organizational goals, such as maintaining or increasing market share as well as understanding specific patient population health

and educational needs. Recordings are available by contacting the ICAHN office.

"Hospitals and clinics receive all sorts of reports from a number of sources. Most of us have had little training in data analytics and are now expected to know and understand what the data means. 'Data Mania' was created to increase awareness, help others form an appreciation of the data, learn skills, and figure out what is causing improvement in the data and what is not," said Pat Schou, ICAHN Executive Director. "This series teaches participants the skills needed to effectively look at and analyze data, use tools in the EHR in hospitals and clinics, find out how to compare with others or learn how data can be used to influence population health."

Although the series is more profitable for those within the IRCCO membership, the series is open to all ICAHN members so others can learn from ICAHN's experiences. "What seems like information overload can be managed and utilized to your hospital's benefit," said Schou. "With an

understanding of this data, you can record and track the cost and care of the patient when seen in the office, when they leave and go to a specialist, when they utilize the ED, etc. Everything can be broken down to inpatient, outpatient, and specialty, showing your health-care spend of dollars, and ultimately, providing you with better managed care information from claims and bills."

For example, diabetes diagnoses may be higher in a particular geographic region served by your hospital. By studying the data, you may be able to determine why these numbers are elevated and what may be the underlying cause.

"Knowing what happens with the patient, the cost of healthcare, and what improves care, has the trickle-down effect of better care and less cost," Schou concluded. "Before the ACO, we didn't know how to break that information down. Now, IRCCO receives from CMS hundreds of thousands of claims a month to sort out and study. Understanding this data drives success."

ALMH wins awards for environmentally responsible practices

In recognition of its achievement and innovation in healthcare sustainability, Abraham Lincoln Memorial Hospital has received two awards from Practice Greenhealth, the nation's leading organization dedicated to environmental sustainability in healthcare. ALMH received the Emerald Award and the Food Circles of Excellence Award.

The Emerald Award recognizes healthcare facilities in eliminating mercury, reducing and recycling waste, and sustainable sourcing. Winning hospitals have demonstrated a strong

commitment to sustainability and shown leadership in the local community. The Food Circle of Excellence highlights leaders in sustainable food services, capturing leadership in meat reduction, procurement of better meat, local and sustainable sourcing, improving access to tap water and healthy beverages, supporting healthy food access, and preventing food waste.

In 2018, ALMH diverted 36 tons of waste to a single stream recycling program and decreased landfill waste by five tons.

PCH holds groundbreaking for new Wellness Center

A groundbreaking ceremony was held in April for Pinckneyville Community Hospital's new Wellness Center. The Center will be approximately 16,000 square feet and will be built on the southwest side of the hospital campus.

The building will include private therapy rooms for physical, occupational and speech therapy, and a separate space for work hardening and massage therapy. Cardiopulmonary rehabilitation and sleep studies will move from the hospital to the Wellness Center.



Pinckneyville Community Hospital board, administrators and dignitaries broke ground on a new Wellness Center on the hospital campus. Pictured are (from left) Zina Smith, project manager of Evrard-Strang, contractors; hospital board members Larry Wild, Robert Keith and Arlen Carson; Bonnie Tolbert, board secretary; Tyson Tanner, legal counsel; Chad Rushing, board vice-president; John Shotton, board president; Eric Spencer, Spencer Architects; Randy Dauby, hospital CEO; Brad Futrell, hospital COO; Abby Bacon, USDA; Kara Jo Carson, hospital CFO; and Kevin Miller, hospital maintenance director.

The Wellness Center will include a 32-foot by 25-foot pool that will be available for therapy or fitness, an indoor running or walking track,

exercise machines, weights, group fitness area, and locker rooms. Planning for the specifics of the project began more than a year ago,

but it has been part of the hospital's long-term plan since before the new hospital was built. Partial funding was provided by USDA Rural Development.

Registration open for 2019 Information Security & Tech Conference

The 2019 ICAHN Information Security & Technology Conference is designed for CEOs, CFOs, COOs, CIOs, risk managers, IT leadership, and other interested staff in critical access hospitals, rural hospitals and systems, and rural health clinics. The event will be held on Thursday, June 13 from 8:30 a.m. to 3:30 p.m. at the Illinois Education Association, 3440 Liberty Drive, Springfield, IL.

Topics include:

- Cybersecurity Risks Today – Your Staff, Your Business Partners, the Bad Guys and All Those 'Internet-Connected Things'
- Using a Framework to Assess and Improve Security – HIPAA, NIST, and Other Strategies
- Learning from HIPAA Audits and Enforcement Examples – Don't

Visit www.icahn.org/professional-education to register. Cost is \$60 per attendee or \$50 for Gold and Silver Subscription members. Call 217.223.0452 for more information.

Do What They Do

- Leveraging Technology to Improve Patient Experience – Learning the Evolution of the Partnership Between IT and the Office of Patient Experience
- Essential IT Solutions for Rural Hospitals – What You Need to Know

Featured presenters include Jim Sheldon-Dean, founder and director of Compliance Services, Lewis Creek Systems; Teresa Janszen, IT Business Relationship Partner, Cleveland Clinic; and Ryan Sierman, Chief Information Officer, and Ryan

Morgan, Chief Information Security Officer, Illinois Critical Access Hospital Network.

The registration fee is \$60 per attendee or \$50 for Gold and Silver subscription members. Please make checks payable to the "Illinois Critical Access Hospital Network" and make reference to the 2019 Information Security & Technology Workshop. Checks must be received prior to the date of the workshop. Deadline to register is Monday, June 10.



No refunds will be given after June 10, 2019. To register, visit www.icahn.org/professional-education. For more information, call Kathy Fauble, ICAHN Professional Education Services Director, or Liz Swanson, Assistant Director, at 217.223.0452.



ICAHN Employee Spotlight

NAME: Angie Charlet, DBA, MHA, RN

TITLE: Senior Director – Quality, Education & Compliance

BACKGROUND/EDUCATION: I started my healthcare career in 1986 as a CNA in a nursing home. I received my Associate Degree in Nursing in 1991 and worked a variety of careers at the original Kewanee Hospital, then initially took a position at the nursing home as MDS coordinator, followed by DON. I spent about four or five years in family practice achieving certification as a diabetic educator and then opening a diabetes clinic and asthma/allergy clinic, providing testing and education. From there, I went on to OSF Peoria as a registry nurse floating in all units, but mostly ICUs and ER. I functioned as project manager/implementation specialist for their Safe Patient Handling program and transport team development.

I later became manager of Inpatient Services at Perry Memorial Hospital while also staying on at OSF for weekends to not lose my skillsets in the critical care arena. I received my BSN through Jacksonville University while working at Perry, and I completed my certificate in Six Sigma Black Belt through Villanova University. I was recruited by a friend of mine from the doctor office days to look at transitioning to Galesburg Cottage Hospital. I started as ACNO and moved into the Associate CEO/COO role within a year.

While at Cottage, I received my Master's in Healthcare Administration through Bellevue University. My capstone was *"Crossing Over to the Dark Side: Nursing to Finance."* This project focused on how nursing can transition into finance and accountability but, on the same note, provides various challenges as both sides 'play but not necessarily speak' the same language. I received my certificate in Lean Six Sigma and Leadership Coaching while at Cot-

tage as well. Sadly, this position was eliminated during administration cuts and CHS transitions of selling several hospitals. I was hired by Pat Schou, here at ICAHN, and have been with her team since 2011. I achieved my doctorate in business administration through California University and while there did take the additional few classes and finished my MBA at same time. I also completed the John Maxwell Leadership Certification a few years back. Currently, I am considering Personal Trainer and Nutrition Coach Certificates from NASM.

Other jobs have included Past President of the Illinois Organization of Nurse Leaders, including sitting on their board for 12 years or more. I am currently the Vice President of the National Association of Rural Health Clinics and will move into the president role in 2020 as Pat transitions into the President role of NRHA. Great times coming for rural! I also sit as an advisory member for FORHP for the quality metrics and reporting. This is geared to CAHs and the MBQIP requirements.

JOB RESPONSIBILITIES: My role started as Quality Manager and morphed as Don Evans retired to Quality and Education. Somewhere along the line, I took on additional roles and began moving into more speaker/education/clinics/sustainability and helping hospitals perform to their maximum capabilities. This is what I am passionate about. When people ask me what I do, my response is: "I work for a network of 57 small and rural hospitals throughout the state and help them to be their best." The tagline I use on presentations and when talking to others is always to *"Become Provider of Choice for your rural market."* Keep healthcare local!

THOUGHTS ABOUT WORKING FOR ICAHN: I never knew the potential of rural healthcare until I moved into the ICAHN world. I absolutely



love what I do and helping others. It still amazes me how far our rural market has come in the past eight years since I joined the team. There are so many areas we touch as a team, and I could not do my job without the invaluable knowledge and skills of our entire team.

As I tell everyone, I am a 'lifer' and truly found my passion and niche in healthcare. I love knowing what we do as an organization makes a difference in rural health both within our state and the national presence we have achieved.

PERSONAL INFORMATION: I am the proud mom of two amazing daughters, Samantha and Megan. Both girls are married to some awesome husbands...one is a finance/numbers gal at Caterpillar with a Six Sigma background. The other is a radiology tech in a provider office. They have blessed me with four grandchildren of their own and two bonuses, making a total of six grandkids: three boys and three girls. I also have a twin brother, an engineer, who lives outside of Dallas, and we are highly competitive. On a fun note, I recently purchased a home on 4.5 acres outside of Kewanee. It has been the true version of "The Money Pit," but I love the challenge. After this month, I will no longer be able to say I have no kitchen (*only six months in the making*). With all my travels, I am transforming the house into a log cabin with the cozy retreat feel. Maybe five years from now, it will be done.

Navigating the J-1 Visa waiver process

Adkisson provides guidelines to enhance your doctor search

CORPORATE PARTNER
education provided by:



ADKISSON
SEARCH CONSULTANTS
Bringing the Right People Together

As ICAHN's administrative recruitment partner, Adkisson Search Consultants provides recruitment support and guidance to assist in recruiting physicians to rural areas.

As we are talking with 2020 J-1 Visa Residents and Fellows, we must be mindful in preparing them on how to navigate through the Visa process. To begin, it will be important to know the geographic area, its HPSA score, and size of the facility the candidate is considering because it may all play a factor in the type of waiver chosen.

There are three J-1 waiver options to consider:

1. The Illinois Department of Public Health
2. Delta Regional Authority
3. The U.S. Department of Health and Human Services

Each organization has its own specific criteria and standards of which the physician and hospital must adhere. We strongly encourage the physician and the hospital to have an immigration attorney who can guide them through the process successfully.

The Illinois Department of Public Health's J-1 Visa waiver program is limited to 30 spots each year in October. The application process for the 2020 Residents and Fellows will open October 1, 2019. If they do not receive 30 applications in October, then in January 2020, they will re-open the application process.

Under this program, the waiver spots are initially reserved as follows:

- 13 for primary care
- 13 for specialists
- 4 for psychiatrists

The spots will be reallocated as necessary. For specific information visit <http://www.dph.illinois.gov/topics-services/life-stages-populations/rural-underserved-populations/j1-waiver-program> or contact Don Jones at 217.782.1624 or don.jones@illinois.gov.

Located in the Mississippi Delta Region, a few of our ICAHN hospitals located in southern Illinois will qualify to support a physician on a J-1 waiver through the Delta Regional Authority. There is no timeline or limit of applications accepted. For specific information visit site: <https://www.dra.gov/initiatives/promoting-a-healthy-delta/delta-doctors> or contact



Christina Wade, Health Program Manager at 662.302.7339 or cwade@dra.gov.

Lastly, The U.S. Department of Health and Human Services is a program that only supports primary care physicians, and the hospital must have a certified rural health clinic with an HPSA score of 7 or higher.

For specific information please visit <https://www.hhs.gov/about/agencies/oga/about-oga/what-we-do/exchange-visitor-program/index.html> or contact Michael Berry at 301.443.4154 or mberry@hrsa.gov. Ultimately, the goal of all the programs is to improve and increase access to quality healthcare. ICAHN and Adkisson Search are here to support that goal and to be a recruitment resource as we all continue to strive to meet the healthcare needs in our rural Illinois communities.

Registration open for Opioid Crisis Next Door Conference on June 24

Registration is now open for the sixth Opioid Crisis Next Door conference, "It's Everybody's Business," slated for Monday, June 24 from 8 a.m. to 3 p.m. at the Memorial Center for Learning and Innovation, 228 W. Miller Street, Springfield. Local coalitions, healthcare providers, and other rural community stakeholders focused on combatting opioid

misuse, heroin use, and substance use disorders are encouraged to participate.

There will be special sessions for medical practitioners on options for treatment and recovery and also programs and resources that work for community coalitions. Continuing education hours (5.25 hours) will be given

for nurse contact hours, LCSW clock hours, and LCPC contact hours upon successful completion.

Cost is \$40 per attendee. To register, please visit www.icahn.org/professional-education. For more information, contact Kathy or Liz at 217.223.0452.

Transforming the care management experience

Consociate Health wins national commitment to world-class data award

As reported on **Nashville Medical News, Yahoo! Finance, Daily Herald, WSIL, Virtual Strategy Magazine, and CISION PRWeb**

Illinois-based Third-Party Administrator (TPA) Consociate Health has been recognized on a national stage for excellence in data accuracy, using key analytics to transform the care management experience. Consociate Health received the 'Commitment to World-Class Data Award,' from Benefitfocus, at their fourth annual "Celebrate Community" Awards. Consociate Health, an ICAHN Preferred Partner, was selected among a strong pool of finalists including TPA national industry leaders like Capital District Physicians' Health Plan, The Hartford, MetLife, and Nova Healthcare Administrators.

"This award displays Consociate Health's commitment to deliver data that impacts the efficiency of care management decisions, improves outcomes and lowers health plan costs for our clients," said Consociate Health's President, Darren Reynolds. "This meaningful

health plan data, the efforts of our team and our partnership with Benefitfocus, allow us to manage healthcare costs for employers as well as enable healthcare systems to make the strongest possible recommendations related to treatment of chronic conditions.

Through data analytics, Consociate Health provides its clients and/or their consultants with personalized analysis of their health plans to ensure the use of quality data in making educated decisions. Essential data analytics allows Consociate Health to integrate claims, eligibility, financial and other healthcare data into a consolidated system database; analyze member health and then identify cost drivers; monitor health plan utilization; and forecast employer healthcare costs which allows them to develop a strategy to manage and control healthcare costs for employers and members.

"We believe in order to truly perform a valuable

service to our clients and their plan members, we need to be more than just a claims processor. We pay claims, and we pay them accurately, but it's what we do with the claims data that sets us apart," said Client Relations Consultant Sarah Bigger. "World-class data, delivered via the Benefitfocus platform, gives us the necessary information to help an employer manage their healthcare budget and improve the health and productivity of their employees."

Consociate Health has been an innovator in integrating population health analytics with healthcare systems for the management of their employee populations.

Today, they integrate data and tools into health care systems' Accountable Care Organizations (ACOs), Clinically Integrated Networks, wellness programs, and direct to employer initiatives. The deployment and integration of data and these support tools in improving the health of the communities they serve was a key factor in earning this award.

Special thanks to our Preferred and Blue Star Partners



**Anders CPAs + Advisors • The Compliance Team • HIPAAtrek • Magnet Solutions
Pinnacle Healthcare Consulting • Pinnacle Enterprise Risk • Northgauge
Rectangle Health • Stericycle, Inc. • UltraGroup Healthcare • Vizient • Wipfli**