Rural Health Association of Utah
Annual Conference

Holland Centennial Commons
Dixie State University
St. George, Utah

December 2, 2016

Rural & Resilient
Dixie State University

We are proud to host our conference at Dixie State University (DSU) in St. George, Utah. As a regional state university, DSU provides students with rigorous instruction in nearly 60 undergraduate programs and 25 bachelor degree programs. DSU athletics is a proud member of the NCAA Division II level, with league affiliations with the Pacific West and Great Northwest Athletic conferences. Pre-health students at DSU receive additional support from the Rural Health Scholars Program and the Pre-Medical Alliance. Several national and state parks surround the University, providing students with a beautiful outdoor playground and year-round sunshine. Find out more about DSU at www.dixie.edu.

Wifi Information


Please keep updated via social media with our Twitter Account: @RHAUtah #RHAUtah

Conference Map

The entire conference will be held in the Holland Centennial Commons building.

The Zion Room is on the 5th floor of the building and will host the keynote speakers, the luncheon, and our informational tables.

Golf Tournament

Thursday, December 1, 2016
Bloomington Country Club, St. George, Utah

Thank you to the below organizations for sponsoring holes during the tournament:
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Room</th>
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<tbody>
<tr>
<td>7:30 a.m.</td>
<td>Registration &amp; Information Tables Open</td>
<td>Zion Room</td>
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<tr>
<td>7:30-8:30 a.m.</td>
<td>Networking Breakfast</td>
<td>Zion Room</td>
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<tr>
<td>8:30-8:45 a.m.</td>
<td>Welcome: Marla Shelby-Drabner</td>
<td>Zion Room</td>
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<tr>
<td>8:45-9:45 a.m.</td>
<td>Keynote Speaker: Ben Winchester</td>
<td>Zion Room</td>
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<tr>
<td>9:45-10:45 a.m.</td>
<td>Breakout 1A</td>
<td>535</td>
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<td>Breakout 1B</td>
<td>570</td>
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<tr>
<td></td>
<td>Breakout 1C</td>
<td>550</td>
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<tr>
<td>10:45-11:00 a.m.</td>
<td>Break—Information Tables Open</td>
<td>Zion Room</td>
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<tr>
<td>11:00-12:00 noon</td>
<td>Breakout 2A</td>
<td>535</td>
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<tr>
<td>11:00-12:00 noon</td>
<td>Breakout 2B</td>
<td>550</td>
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<tr>
<td>12:00-1:15 p.m.</td>
<td>Lunch &amp; Keynote Speaker: Matt Jones</td>
<td>Zion Room</td>
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<tr>
<td>1:15-2:15 p.m.</td>
<td>Breakout 3A</td>
<td>535</td>
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<tr>
<td>1:15-2:15 p.m.</td>
<td>Breakout 3B</td>
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<td>1:15-2:15 p.m.</td>
<td>Breakout 3C</td>
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<tr>
<td>2:15-3:15 p.m.</td>
<td>Breakout 4A</td>
<td>550</td>
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<tr>
<td>2:15-3:15 p.m.</td>
<td>Breakout 4B</td>
<td>535</td>
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<tr>
<td>3:15-3:30 p.m.</td>
<td>Break with Refreshments</td>
<td>Zion Room</td>
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<tr>
<td>3:30-4:30 p.m.</td>
<td>Wrap Up, Next Steps, Group Discussion</td>
<td>Zion Room</td>
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Breakout Sessions

Breakout 1

9:45-10:45 a.m.

1A You are the Key to HPV Cancer Prevention
William Cosgrove, MD

In the US, we continue to diagnose 38,000 cancers each year caused by HPV, the Human Papilloma Virus (23,000 cancers in females and 15,000 in males), despite having highly effective vaccines available to us for the past 10 years. In Utah, we have partially immunized less than half of our teens, and completed the vaccine series on less than a quarter, against the HPV cancer causing virus. We will discuss ways to improve the protection of our vulnerable adolescents.

1B Telehealth: Current Trends and Opportunities
Patricia Carroll & Marz Cesarini

Telehealth: where we are today and what direction we are moving towards to improve access to healthcare with better quality and lower costs. Patricia Carroll, MS, RN, Telehealth Development Manager at Utah Telehealth Network will discuss telehealth challenges and opportunities in Utah and nationally. Successful programs, lessons learned, new models of delivery plus an overview of reimbursement strategies and regulatory issues will be covered.

1C The Future of Healthcare Policy and Politics
Dave Gessel

This presentation will focus on the political changes in Utah and DC that will impact the future of the Affordable Care Act, Medicaid Expansion, Medicare and many other healthcare policies. Participants will gain insights into how future policy in these areas will impact their business and clinical operations and how they can best strategize to maximize potential benefits from these changes and minimize potential detriments of these changes.

Breakout 2

11:00-12:00 noon

2A What’s New in Telehealth: Leveraging Video-Chat for Provider Education & Consultation
Leah Willis, MS

How can providers stay on top of the exponentially-growing body of medical knowledge? It’s a near-impossible task, particularly in primary care. Project ECHO (Extension for Community Healthcare Outcomes) uses videoconferencing to connect providers to specialists for continuing education and patient consultations. This service (and accompanying continuing education credit) is offered at no cost to Mountain West providers, and is accessible through smart phones, tablets, laptops, and other devices. We’ll discuss evidence that supports the Project ECHO method for providing best-practice care, clinical areas that are covered, cost and time savings for patients, and benefits to medical providers of all levels.

2B An Integrative Medicine Approach to Health and Well-Being in Rural Communities
Dannelle Larsen-Rife, PhD

Health care increasingly incorporates a biological, psychological, and social approach to promote well-being. This integrative approach is supported by the World Health Organization’s definition of health as more than “the absence of disease or infirmity.” Integrative medicine is especially important in rural communities that typically have few health care providers and limited resources. Research on the effects of adverse childhood experiences on physical and mental health will be presented as a model for understanding the importance of integrative medicine in rural communities. Opportunities for training in integrative healthcare and resources for health care professionals in rural communities will be presented.
Breakout Sessions

Breakout 3  

3A  Benefits to Rural Care Providers  
Wyatt Packer, MHA  
Room 535

Transformation to a system that pays for value of care rather than volume aligns well with the values and practices of many rural providers and we believe can support them, but this transformation will require building capacity with new skills and technology, methods for patient activation, and greater visibility into and management of the total costs of care. HealthInsight is a resource to rural providers across settings that can provide support and tools for success. This presentation will provide perspective on the current health care landscape and offer insight into what is needed to prepare for and even thrive in the future.

3B  Working with Veterans in Rural Communities  
Byron Bair, MD  
Room 570

Dr. Bair has been working in the field of geriatrics and psychiatry since 1991 when he began working at the Salt Lake City VA Medical Center. He has a strong interest in rural health, and, in 2008, was selected to direct one of three new VA Rural Health Resource Centers to better understand rural health issues for veterans and develop special practices and products to provide better care to veterans living in rural areas. Dr. Bair is the Director of the Veterans Rural Health Resource Center – Western Region housed at the VAMC in Salt Lake City. Dr. Bair also has many research interests, with a focus on developing novel care delivery models for older adults that improve patient focused care, quality of care outcomes, and have a positive impact on resource utilization and costs.

3C  Family History: How a Few Minutes Can Change Patient Care  
Samantha Greenberg, MS  
Room 550

As genetics become more important in the clinical setting, it impacts every provider. This session will provide a brief overview of hereditary cancer syndromes, how to identify high risk patients using family health history, how to refer them to appropriate genetic services, and how to manage their risk. Health care provider time is increasingly in demand, so this session will provide practical tools and resources for collecting and using appropriate information quickly and efficiently. The session will also provide a guide to cancer genetic services available in Utah, including genetic counseling.

Breakout 4  

4A  Transforming Rural Healthcare through Leadership  
Daniella Pendegrass, DNP, APRN, WHNP-BC  
Room 550

As rural healthcare providers we are in a unique position to transform healthcare through leadership and improve the health and wellbeing of our patients, our communities, our state and our country. We are continually faced with the unique areas of rural healthcare that need improvement because we encounter them on a daily basis. Often times we discuss both problems and solutions with our colleagues and that is as far as it goes. This presentation will inspire you to address problems and implement solutions that will transform rural healthcare through leadership.

4B  How Medical Students Could Enhance Your Rural Practice  
David Park, DO  
Room 535

There is a major shortage of physicians practicing in rural areas in this country, and this problem will not get better anytime soon unless we are part of the solution. One of the best ways to increase the number of rural physicians is to train them from their early days in medical school. However, clinical training opportunities in rural areas are often limited due to lack of availability of rural preceptors because they are so busy. This lecture will discuss the benefits of being a rural preceptor and strategies to enhance a rural practice by having medical students.
Keynote Speakers

Ben Winchester
Rewriting the Rural Narrative

Ben Winchester is the leading researcher in gathering data that demonstrate new rural realities of growth and diversity. Ben has been working both in and for small towns across the Midwest for over 20 years. Trained as a Rural Sociologist and working as a Senior Research Fellow for the University of Minnesota Extension, Center for Community Vitality, Ben conducts research on economic, social and demographic topics surrounding a theme of "rewriting the rural narrative" that are vital to rural America. Recently, Ben led the organization and delivery of a nation-wide webinar entitled “the Great Plains in Focus” which focused on positive trends impacting rural America and the Great Plains States.

Matt Jones
Rural Healthcare is a Marathon

Matt Jones is known as the “Seven Continent Marathon Man.” Matt went from being a three-time cancer conqueror to relearning how to walk, to going through a bone marrow transplant, to completing seven marathons on seven continents (and yes, that includes Antarctica). Matt was diagnosed with cancer on September 11, 2002. After spreading to the fluid in his brain, doctors did not think he would live. After victoriously conquering cancer he was told that there has never been anyone to go through what he did and be alive one year later. Baseball Hall of Famer George Brett said, “Matt is a true champion and his story inspires others to be a true champion.” Matt is the author of numerous books and travels around the world sharing his inspiring story and message.

Awards

Commitment to Clinical Training Award

Gunnison Valley Hospital
Accepted by Mark Dalley, Hospital Administrator

Mark Dalley has worked for over 35 years in the healthcare industry with the majority of that time spent in small or rural hospitals. For the past 5 years Mark has been the Administrator of Gunnison Valley Hospital, a Critical Access Hospital located in Gunnison, Utah. In his career, Mark has also worked for two large systems, Intermountain Health Care and Catholic Health Initiatives, and for Rural Health Management Corporation, a rural hospital management company. Mark is currently on the Board of the Utah Hospital Association and Chairman of the Board on the Utah Rural Independent Hospital Network. Mark and his wife Mary Jayne are the parents of six children and the grandparents of 13 (soon to be 14!) grandchildren.
Educational Initiatives to Improve Rural Health

Dixie State University
Accepted by Provost Lacourse

Dixie State University has a proven track record of providing health training programs for those in southern Utah. Current programs include programs in nursing, dental hygiene, respiratory therapy, emergency medical services, medical laboratory science, medical radiography, phlebotomy, physical therapy assisting, and surgical technology. New programs implemented this past year include a B.A. in biology with a biomedical emphasis and a B.A degree in exercise science. Future degrees are being planned and the University recently announced a partnership with the University of Utah’s Physician Assistant Program what would bring a satellite program to southern Utah as early as the fall of 2018 with additional programs following suit including physical therapy and occupational therapy.

Lifetime Achievement Award

Dennis Moser
Past Executive Director, Utah Center for Rural Health

Born in a log hospital in Wyoming, Dennis Moser has been a lifelong advocate for rural healthcare. After receiving an Associate Degree from Weber State College in 1973 (Honors Radiologic Technology), Dennis moved to Panguitch where he wore many hats, clinical and administrative, including incubating glucose tests in a coffee can on a hot plate, bilirubins in a cigar box, blood counts with a microscope, PT & PTT clotting studies with a stop watch and hand developing x-rays. Ambulance equipment included a van, army stretcher and a blanket.

Dennis received a BS degree in Health Services Administration from Weber State College in 1988 and a MS in Health Administration (Rural Track) from the University of Colorado in 1990. After writing a successful Rural Health Transitions Grant, he led the development of a 30 bed long-term wing at Garfield Memorial Hospital, a service he managed for two years.

In 1997, Dennis was selected by the University of Utah to develop a regional Area Health Education Center (AHEC) for Southwest Utah. The AHEC evolved into the Utah Center for Rural Health and included newly developed programs including Southern Utah AHEC, the Rural Health Association of Utah and the Utah Rural Health Scholars Program. The Center provided technical assistance to rural facilities and communities including writing and administering grants for program development and equipment purchases.

Dennis represented rural health on numerous boards, committees and the Utah Digital Health Services Commission. He is a Life Fellow of the American College of Healthcare Executives and received their Early Career Healthcare Executive Award in 1994.

Dennis and his wife, LeeAnn, have retired to Kanarraville, Utah to be near their children and grandchildren who live in Cedar City and St. George.
Rural Health Association of Utah

Mission

The mission of the Rural Health Association of Utah (RHAU) is to provide a unified voice to promote and enhance the quality of rural health through leadership, advocacy, coalition building, education, and to affect policy and legislation.

Contact Information

Visit our website to see the RHAU policy statement, bylaws, and ways to get involved. www.suu.edu/ahec/rhau.html

www.facebook.com/rhautah
@RHAUtah

351 W. University Blvd.
Cedar City, UT 84720

Membership Information

Your registration as a member of this conference includes a one year membership with the RHAU for the year 2017. Additional memberships can be purchased at below rates:

<table>
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<tr>
<th>Membership Type</th>
<th>Rate</th>
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<tr>
<td>Individual Membership (1 year)</td>
<td>$100 per member</td>
</tr>
<tr>
<td>Organizational Membership (1 year)</td>
<td>$100 for up to 3 members</td>
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<td>$400 for up to 10 members</td>
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</tbody>
</table>

Board Members

Marla Shelby-Drabner
Rebecca Holt
Mark Dalley
Isabella Alder
Greg Rosenvall
Dr. Michael Magill

National Membership

The RHAU is a member of the National Rural Health Association. For more information, please visit their website at www.ruralhealthweb.org.

Thank You

This conference would not be possible without the help of our planning committee from the Utah Center for Rural Health and our board members.

Rita Osborn, MBA
Karen M. Ganss, MS
Jared Wilson

Kasey Shakespear, MHA, MPH
Carrie Torgersen, BS
Adam Penrose