



In 2017, YKHC’s Board of Directors and leadership launched the Partners in Safety initiative. The initiative aims to reduce unintentional injuries, death, and drownings by providing service area tribes with injury prevention gear such as life vests, gun cabinets and off-road helmets to be given away at annual gatherings, special events, or in any other locally held giveaways.

(L-R) Rahnia Boyer (VP of Village Health & Workforce Development), Alyssa Gustafson (Director of Safety & Security), Marcia Coffey (Social Worker), and Sara Guinn (Executive Assistant for Hospital Services) spent an afternoon preparing the gear to mail to YKHC’s 58 service area tribes. We can’t wait to see residents in the region sporting this new gear!

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FYI

Survey shows health improvements

Results of the 2016 Alaska Behavioral Risk Factor Surveillance System (BRFSS) survey show Alaska made progress on some important health goals, including reducing tobacco and risky alcohol use.

Alaska’s survey results help measure the state’s progress to meet 10-year health goals set by the Healthy Alaskans 2020 program.

Highlights from the 2016 Alaska BRFSS survey include:

Smoking: Eighty percent of all Alaska adults are not current smokers, up from 76 percent in 2007 and close to the Healthy Alaskans 2020 goal of 83 percent non-smokers in Alaska. According to the survey, 61 percent of Alaska Native adults are not current smokers.

Binge drinking: Eighteen percent of Alaska adults reported binge drinking, meeting the Healthy Alaskans 2020 target of 20 percent

see **SURVEY**, p. 10

RESOURCES

YKHC main switchboard 543-6000
 Toll Free 1-800-478-3321

APPOINTMENTS

Outpatient Clinics
 (Yukon, Kusko, Delta) 543-6442
 Dental 543-6229
 Optometry 543-6336
 Audiology 543-6466

SUBREGIONAL CLINICS

Aniak 675-4556
 Emmonak 949-3500
 St. Mary's 438-3500
 Toksook Bay 427-3500
 Hooper Bay 758-3500

SERVICES

Inpatient (North Wing) 543-6330
 Pharmacy 543-6382
 Physical Therapy 543-6342
 Women's Health 543-6296
 Irvik Birthing Center 543-6346
 Behavioral Health Services 543-6100
 Substance Abuse Treatment 543-6730
 Sobering Center 543-6830
 Developmental Disabilities 543-2762
 Emergency Room 543-6395
 Office of Environmental Health &
 Engineering, Injury Contro
 & EMS 543-6420

ADMINISTRATION & SUPPORT

Administration 543-6020
 Human Resources 543-6060
 Public Relations 543-6013
 Travel Management 543-6360

This institution is an equal opportunity provider.

ATTENTION: If you speak Yup'ik, free translations services are available to you. Call 907-543-6603.

The Messenger is a monthly publication produced by the Yukon-Kuskokwim Health Corporation's Public Relations Department as a report to Tribal Members.

For questions, comments, submission of articles, or subscription information, write to Messenger Editor, Yukon-Kuskokwim Health Corporation, P.O. Box 528, Bethel, Alaska 99559; or call 907-677-2232. E-mail: publicrelations@ykhc.org.

Deadline is the 10th of the month, or the preceding Friday if the 10th is on a weekend, for publication on the first of the following month.

The Messenger is also available for download on our website at www.ykhc.org/messenger. Please ask permission to reprint articles or pictures.

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YKHC Board of Directors

Unit 1



Mary Ayunerak Alakanuk



Michael Hunt, Sr. Kotlik

Unit 2



Geraldine Beans St. Mary's



Wassilie 'Wesley' Pitka Marshall

Unit 3

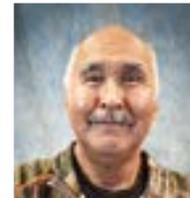


Bonnie Persson Upper Kalskag



Patricia Yaska Chuathbaluk

Unit 4



Phillip K. Peter, Sr Akiachak



James Nicori Kwethluk

Unit 5



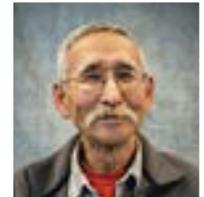
Stan Hoffman, Sr. Bethel



Gloria Simeon Bethel



Walter Jim Bethel



Chris Larson Napaskiak

Unit 6



Esai Twitchell, Jr. Kasigluk

Unit 7



Adolph Lewis Kwigillingok

Unit 8

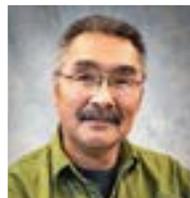


VACANT



James Sipary Toksook Bay

Unit 9



Patrick Tall Chevak

Unit 10



John Uttereyuk Scammon Bay

Unit 11



Joshua Cleveland Quinhagak



Marvin Deacon Grayling

Honorary Board Member



James Charlie, Sr. Toksook Bay

Message from the President/CEO

Qualifying employees earn lump-sum bonus

I am pleased to announce that based on the company's 2017 performance, on March 2, each qualifying YKHC full-time employee received a lump-sum bonus payment of \$1,500, minus applicable taxes as an annual merit raise!

In years past, when YKHC was able to have an annual employee raise, it was done as a percentage increase to base pay ranging from 1–3%. This year was a one-time discretionary annual increase that was lump-sum. This meant instead of raises paid out in smaller amounts throughout the next year, employees received the entire raise immediately.

It was the first time YKHC was able to pay our employees a lump-sum annual raise. This was also the first time in the company's history we have been able to have an employee raise in each of the last three years. Three years ago, and after four years of no raises, we had a 2.5% merit increase. Two years ago we had a 2% merit increase. Now this year is a lump-sum increase of \$1,500.

On March 2, over 800 employees each received \$1,500 for a total of about \$1.2 million entering the economy of the Yukon-Kuskokwim Delta. Full-time employees who have worked for YKHC since April 17, 2017 (which was about the time of our last annual raise), and met other additional requirements, were eligible for this annual raise.

Join me in congratulating all of our employees for making YKHC a great company!

Sincerely,




President and CEO
Dan Winkelman

Care Coordinators receive state certification

Congratulations to Developmental Disabilities Care Coordinators Alexandra Active and Ivy Riley for completing training and passing exams to become Certified Care Coordinators with the State of Alaska.



Alexandra Active



Ivy Riley

Alexandra and Ivy are now listed as Care Coordination service providers for the Yukon-Kuskokwim Health Corporation Region for recipients of the Home and Community-Based Medicaid Waiver. Your continued hard work and dedication to our clients and staff is greatly appreciated and do not go unnoticed!

Thank you for your hard work and commitment to our department and everyone we serve!

—Serena Solesbee, Program Coordinator, Developmental Disabilities

Gov. Walker appoints Tiffany Zulkosky to fill vacant state house seat

Alaska Governor Bill Walker announced February 22 that he appointed Tiffany Zulkosky, Vice President of Communications at YKHC, to fill the vacant House District 38 seat.

In a press release, Governor Walker said, "Tiffany is the best person for this job. I'm proud and humbled to forward someone with such a compelling background and strong voice to House Democrats for consideration."

Congratulations Tiffany! We are all confident in your ability to take on this new challenge and we look forward to the work you will do for the people of the Delta.



YKHC is a 501(c)3 non-profit and does not support or oppose any political candidate for public office.

*Uptukut nutaranun caliarkamteñun
calricaram tungiinun*

Preparing together for a new
season in our healthcare

Join us April 11–12 for the 25th Tribal Unity Gathering! For 25 years, we have come together in an effort to improve our health care services and access to care for patients in the YK Delta.

Through partnership with our tribes during Tribal Gathering over the years, YKHC's services have grown and improved. From the construction of sub-regional clinics to CT scan capability in our hospital and regional medevac services to village sanitation projects—the innovative self-determination of our tribes has defined the model of rural health care delivery that is recognized and emulated throughout the world.

Our 2018 theme is “*Uptukut nutaramun caliarkamteñun calricaram tungiinun*— **Preparing together for a new season in our healthcare.**”

Design and construction of the Paul John Callicaraq Project, development of the new model of care, and various corporate initiatives (like COMPASS Management Training and corporate-wide Customer Service Training) have been implemented to strengthen YKHC's customer-centered vision and direction.

The Gathering will last two days. Tribal attendees will hear leadership reports on PJCP progress as well as actions taken to address ongoing priorities. They will then work together to design strategies for 2018/2019.

During last year's Tribal Gathering, delegates voted to strengthen community health aide staffing, improve cancer screening capability and do a better job of evaluating patients before they're discharged.

Registration is open now to all online at www.ykhc.org/tribalgathering. The DEADLINE to register is March 15, 2018.

We encourage all regional tribal councils to meet as soon as possible to choose two persons to attend the Gathering. These representatives will be responsible for making your community needs known and for reporting back to your tribe on YKHC developments.



Tribal Gathering Delegates, guests and community members gather for a group photo at the dedication of the Paul John Callicaraq Project construction site during the Tribal Gathering.

2018
Tribal Unity
Gathering



Nathan Lake, center, was honored at Tribal Gathering 2017 as the Health Aide of the Year by Village Health & Workforce Development VP Rahnia Boyer, CHAP Field Supervision Coordinator Katherine Evon, CEO Dan Winkelman and CHAP Director Asela Calhoun.



Dr. Joe Klejka, center, moderates the small group discussion for Unit 6 during Day 2's priority setting session.

March is Save Your Vision Month

We recommend that EVERYONE should get an eye exam every 1 – 2 years, even if you don't wear glasses or contacts. During an eye exam, we not only evaluate your need for glasses or contacts, but we also make sure your eyes are healthy. Permanent vision loss can occur from many systemic diseases, such as uncontrolled diabetes and hypertension.

Common conditions we see and treat

Nearsightedness, also known as myopia, means you can see objects up close but objects in the distance are blurry. Farsightedness is the opposite of nearsightedness. This means you can see objects far away but objects up close are blurry. Glasses will be prescribed to correct both of these conditions and help you see better.

Glaucoma is when the nerve connecting the eye to the brain is damaged and causes vision loss. This usually occurs from high eye pressure. Most people will not notice any vision loss until it is very significant. Vision loss and tissue damage from glaucoma is irreversible, but it can be slowed by taking glaucoma drops.

Conjunctivitis, or pink eye, is an irritation or inflammation of the conjunctiva, which covers the white part of the eyeball. This can be from a virus, bacteria, or allergies. Common symptoms include redness, pain, watery eyes, discharge, and itch. If it is viral, conjunctivitis will resolve on its own in 1-2 weeks. If it is bacterial or allergic, drops can be prescribed to speed up the healing process.

Iritis is inflammation inside of the eye, usually in the iris. This can be from trauma or inflammatory diseases such as arthritis. Common symptoms include redness, pain, light sensitivity, and blur. Steroid drops will be prescribed to help quiet the inflammation.

Cataracts occur when the lens of the eye becomes cloudy. Common symptoms include blur, decreased vision, and halo around lights. Cataract surgery removes the cloudy natural lens and replaces it with a clear synthetic lens.

Strabismus, or an eye turn, is when one or both eyes are not aligned straight. Common symptoms include double vision or blur. Glasses can be prescribed to help align the eyes. In extreme cases, surgery is needed to help with realignment.

Amblyopia is uncorrectable vision loss, usually due to an eye turn or uncorrected nearsightedness or farsightedness. Common symptoms include blur and vision loss. Glasses can be

Optometry Clinic

HOURS

8 a.m. – 5 p.m., Monday – Friday

After hours: Go to the Emergency Department, OD on call will be paged

SERVICES

- Comprehensive eye exams
- Contact lens fitting and evaluation
- Purchase frames, lenses, sunglasses, contact lenses, and solution
- Diagnosing, treating, and managing ocular conditions



Dr. Thomas Kalistook in the Optometry Clinic.

prescribed to help correct the vision loss. However, if it is not caught in time vision loss can be permanent and uncorrectable, no matter what glasses are prescribed.

Retinal Detachment happens when the layers in the back of the eye detach from the rest of the eye. Common symptoms include flashes of light, floaters, a black curtain coming down in your vision, and vision loss. This needs to be treated right away with surgery.

How often should I be seen?

- Every 1-2 years to detect and identify general health conditions manifested in the eye.
- Anyone with systemic conditions should get checked every year (People with hypertension, diabetes, high cholesterol, etc), or more frequently depending on ocular manifestations.
- Your infant's first eye exam should happen around 6 months of age, then around 2-3 years old, then before first grade, and every 1-2 years after that.

To schedule an appointment, call 543-6336

Patient Engagement and Safety Culture

Patient Safety Awareness Week is a campaign for improving patient safety at hospitals and health care organizations across the country.

Educational activities are centered around teaching patients how to take an active role in their own health care by partnering with their medical and behavioral health provider(s), asking questions regarding treatment and medications, and giving providers accurate and up-to-date information regarding current symptoms and history of past medical and behavioral health care.

Join us in the lobby of the Bethel hospital and CHSB throughout the week of March 11–17. A table will be set up providing patient and staff information and encouragement on how to become involved in your personal healthcare.

During Patient Safety Awareness Week we will also send out the Annual Employee Culture of Safety Survey. The purpose of this survey is to obtain feedback from employees on how YKHC, as an organization, is performing in terms of patient safety and in promoting a culture of safety.

We are working hard to make YKHC a place where patients can be proud to receive care and employees to provide care throughout the Delta.



2018 National Patient Safety Goals

YKHC subscribes to the Joint Commission's annual national patient safety goals. As part of Patient Safety Awareness Week, we encourage all our employees and providers to follow these guidelines.

We include them in this month's Messenger to inform our patients of our commitment to these goals and to help you take part in your care.

Identify patients correctly

- Use at least two ways to identify patients. For example, use the patient's name and date of birth. This is done to make sure that each patient gets the correct medicine and treatment.
- Make sure that the correct patient gets the correct blood when they get a blood transfusion.

Use medicines safely

- Before a procedure, label medicines that are not labeled. For example, medicines in syringes, cups and basins. Do this in the area where medicines and supplies are set up.
- Take extra care with patients who take medicines to thin their blood.
- Record and pass along correct information about a patient's medicines. Find out what medicines the patient is taking. Compare those medicines to new medicines given to the patient. Make sure the patient knows which medicines to take when they are at home. Tell the patient it is important to bring their up-to-date list of medicines every time they visit a doctor.

Use alarms safely

- Make improvements to ensure that alarms on medical equipment are heard and responded to on time.

Prevent infection

- Use the hand cleaning guidelines from the Centers for Disease Control and Prevention or the World Health Organization. Set goals for improving hand cleaning. Use the goals to improve hand cleaning.
- Use proven guidelines to prevent infections that are difficult to treat.
- Use proven guidelines to prevent infection of the blood from central lines. Use proven guidelines to prevent infection after surgery.
- Use proven guidelines to prevent infections of the urinary tract that are caused by catheters.

Identify patient safety risks

- Find out which patients are most likely to try to commit suicide.

Prevent mistakes in surgery

- Make sure that the correct surgery is done on the correct patient and at the correct place on the patient's body.
- Mark the correct place on the patient's body where the surgery is to be done.
- Pause before the surgery to make sure that a mistake is not being made.

March, 2018

Dr. Paul John Calricaraq Project

For more information about PJCP, visit our website: www.calricaraq.org



Guiding Principles: Represent the Y-K region's Culture & Identity | Promote Customer Centered Care | Affordable Cost & Sustainable Operations

PJCP Design

The Bettisworth Architects & Planners (BNAP) and ZGF design team is working on the 100% Construction Documents. 1,400 comments were received from the 95% design review workshop held in January. The team is incorporating those into the final design documents.

In Labor and Delivery Rooms, air-jetted tubs were added as an improvement. The design team will provide way-finding and signage design services for the PJCP.

The Arts and Cultural Committee met to review and select the Yup'ik Words of Wisdom that will be used throughout the facility and in the cultural wall panels. Translations are in progress.



Second floor waiting area rendering

Other Program Elements

Medical FF&E: Arcadis continues working with YKHC departments and the design team to refine the medical equipment list. Henry Schein and CME were shortlisted and will provide price proposals in March.

Dental FF&E: YKHC has begun working with Burkhart Dental on the procurement and installation for the dental furniture, fixtures and equipment.

Non-Medical Furniture: BiNW of Alaska is preparing a detailed phasing schedule to coordinate ordering, manufacturing, shipping and installation for all the non-medical furniture. MFGR was selected to manufacture the custom coffee tables that will be reflective of the Kuskokwim River and natural YK Delta regional materials.

Microturbine Power Generation Plant: YKHC is reviewing the analysis of capital and operational costs. Reports have been provided by Coffman Engineers (mechanical designer), Gary Kuhn (independent energy consultant), and Arctic Energy (microturbine vendor).

PJCP Construction

ASKW-Davis continued room framing and hollow metal door frame installation on the third floor, installing drywall at the top of the walls. Drywall installation is in process in the Electrical and



Second floor HVAC duct installation

Communication rooms so electrical work can begin. Fire-stopping continues at the perimeter (floors and ceiling) of the third floor. Public elevator shaft framing and first floor drywall is progressing.

GMI is fabricating and hanging HVAC ductwork on the second floor. MCC plumbers are installing hangers for sinks and toilets, brazing medical gas piping and installing waste and vent piping, water lines and heat mains on the third floor, and installing boiler supply and return main lines in the CUP. Insulation on ductwork and domestic water lines continues on the first floor. Accel has started piping for the fire pump system. Sprinkler system hydro-testing was done on all three floors.

YKHC Staff Housing

Due to heavy rain and winds in July and August 2017, the housing construction project incurred water damage. Bethel Federal Services started corrective work after the mitigation plan was approved. In January, the Steering Committee toured a completed unit and approved the contractor to build other units to the same quality. Project is now scheduled for completion at the end of June 2018.

SAFETY IS OUR FIRST PRIORITY!

- Prior arrangement is required for all site visitation
- All visitors/deliveries must check in at the ASKW-Davis project office upon arrival to project site
- Personal protective equipment (PPE) is ALWAYS required on site
- Hard hats/safety glasses are available, on a limited basis, at the project office

HEALTHY LIVING

National Nutrition Month— Go Further With Food

National Nutrition Month® is an annual campaign in March that focuses on providing nutrition education and information by the Academy of Nutrition and Dietetics. This year's theme is "Go Further With Food", which encourages use of the concepts of meal planning and proper food storage in order to minimize food waste.

One way to "Go Further With Food" is to plan meals for the week. The first thing to do is to make a list of the foods you already have in your home and the recipes they can be used in, then make meals with them first before buying more food.

Once you have your meals planned and cooked, divide the meals into serving sizes and package them in heavy freezer paper, plastic wrap, foil, freezer bags, or freezer friendly containers. Be sure to label or write the date and what meal is in the wrap, container, or bag before placing in the fridge or freezer.

Meal planning might seem hard at first, so start small by planning three dinners for Monday, Tuesday, and Thursday.

Let's say for example that the following ingredients are available: chicken, canned tomatoes, tomato sauce, onions, garlic, pep-

pers, lettuce, spinach, carrots, rice, spaghetti noodles, and various spices.

Monday can be a pasta dish with a side salad, Tuesday can be taco night, and Thursday can be a stir-fry. These three dinners can be made at the same time on Sunday in about an hour.

The chicken can be baked all at once, the vegetables can be chopped while the chicken is baking, and once the vegetables are chopped, the rice and pasta can be made on the stovetop.

After the food has been cooked, divide the ingredients into their intended meals and place them into labeled containers to store in the fridge or freezer. When it's time for dinner on Monday, Tuesday, and Thursday, all that needs to be done is to heat the meals on the stovetop or in a microwave and enjoy.

Colorectal Cancer National Awareness Month

Colon cancer is preventable if the right precautions and screenings are taken at an early stage. There are several things you could do to help prevent colon cancer.

- Get familiar with the facts
- Get familiar with a healthy life style and habits
- Get screened

Staying active by exercising at least five days a week, maintain a healthy weight, and eating healthy by cutting out processed foods and adding more fruits, vegetables, and whole grains to your diet is a great habit to pick up. If you drink alcohol, try to keep it to one drink a day. Do not smoke and if you do, quit.

Colon cancer develops from adenomatous polyps that can appear on the lining of the colon or rectum. If not taken care of they may become cancerous. Men and women age 50 and above should start getting screened—talk with your health care provider for more information about the correct screenings.

Here are a couple testing options that you should keep in mind that could detect pre-cancer or cancer:

- Colonoscopy – screen every 10 years
- Virtual colonoscopy – screen every 5 years
- Flexible sigmoidoscopy – screen every 5 years
- Double-contrast barium enema – screen every 5 years

Symptoms that people may have due to colon cancer are bleeding of the rectum or blood in the stool, problems of the abdomen such as bloating or cramps, diarrhea or constipation, weight loss, vomiting, or fatigue. If you have any of these symptoms contact your health care provider.

Surgery is a common treatment given to colon cancer patients. If the cancer is spreading, chemotherapy or radiation is usually given.

Resources from www.preventcancer.org

Recipe of the month



Baked Cod and Veggie Packets Recipe

These fish and vegetable packets are colorful and flavorful (thanks to a mix of fresh veggies and herbs), rich in heart-healthy omega-3 fatty acids (thanks to the cod), and low in calories. Plus, by baking everything in foil packets, cleanup is easy.

Ingredients

- 3 tablespoons olive oil, divided
- 2 tablespoons chopped fresh basil
- 2 cloves garlic, minced
- ½ teaspoon salt, divided
- ½ teaspoon pepper, divided
- 2 cups grape or cherry tomatoes, halved
- 1 ½ cups fresh or frozen (thawed) corn kernels
- ½ cup chopped green onions
- 1 small zucchini, halved and thinly sliced
- 4 (5-ounce) cod fillets

Instructions

1. Preheat oven to 400° F.
2. Arrange 4 (16x12-inch) sheets of aluminum foil on a work surface.
3. Combine 2 tablespoons olive oil, basil, garlic, ¼ teaspoon salt and ¼ teaspoon pepper in a large bowl. Add tomatoes, corn, green onions and zucchini; toss well.
4. Divide vegetable mixture evenly among sheets of foil; top each with one cod fillet.
5. Drizzle evenly with remaining 1 tablespoon oil; sprinkle with remaining ¼ teaspoon salt and ¼ teaspoon pepper.
6. Seal foil packets tightly, and place on a large baking sheet.
7. Bake 18 to 22 minutes or until fish flakes with a fork.
8. Check for doneness after 18 minutes. Carefully open packets; fish is done when it flakes with a fork.

Recipe and image from eatright.org

Help Prevent the Spread of the Flu

The flu has reached the YK Delta. The ER has reported an increase in the number of patients presenting with flu-like symptoms. It is important we all do our part to prevent the further spread of the flu to our fellow employees and patients in our facilities.



Inpatient Nurse Manager Joni Beckham gives Security Officer Kyle Jones his flu shot.

Here are a few simple things you can do:

Get your flu shot. If you haven't gotten your flu shot, you still have time. Call your clinic or visit the Bethel hospital and ask about getting a flu shot. Employees can also call employee health at ext. 6321 to get your flu shot.

Wash your hands often. Washing your hands often, especially after interacting with others, is an easy and effective way to prevent spreading germs!

Stay home if you are sick. If you have flu-like symptoms, stay home! Coming into work if you are sick puts your coworkers at risk.

YKHC PHARMACY

90-Day Medication Refills Now Available

Refill Line: 543-6988 or toll free 1-877-543-6988

Benefits of filling a 90-day prescription

ALWAYS ON HAND

A good way to help you stay on track.

Fewer refills mean fewer chances to run out of your medication. Having your medications on hand may help you stay healthier because typically means you are less likely to miss a dose.

CONVENIENCE

Have your medications sent to you by mail.

A great convenience for medications you take on an ongoing basis.

FEWER CALLS TO YOUR PHARMACY

With these 90-day refills, you only have to remember to make four calls a year instead of 12.

A few medications we CANNOT fill 90-Day

- Narcotics
- Compounds
- Refrigerated medications

Refill Line: 543-6988 or toll free 1-877-543-6988

Health Aide of the Month: December 2017

Earlene Wise, CHP of Kalskag

Earlene Wise has been part of the YKHC family for the past 22 years. She has been the sole Community Health Practitioner (CHP) for Upper and Lower Kalskag clinic for several years.

During the month of November Earlene logged over 450 hours of on-call, and worked a little over 70 hours overtime for a period of two weeks. She saw over 30 patients after hours during the month of November 2017. She also volunteers to take on-call for several villages that do not have Health Aides, assessing the patient over the phone.

Earlene maintains a positive attitude at work, often laughing and joking during casual conversations. “As her manager, I have not yet heard her complain despite the difficulties with short staffing in both Lower and Upper Kalskag,” said CHAP Field Supervision Coordinator Katherine Evon.

Earlene seems to thrive when the clinics are busy. Early in December, Earlene responded to the emergent needs of a patient with the help of LifeMed. She made herself available to patients

within the community the same day to provide precautionary services following this emergency.



Earlene Wise, CHP of Kalskag.

Being so often on call for Kalskag, as well as other villages, Earlene ensures care and services are provided to patients throughout the YK Delta. The hours she’s logged and the high quality of care she provides shows her dedication and commitment to YKHC’s mission. YKHC is very fortunate to have a bright and dedicated employee such as Earlene!

Is your village in need of an Emergency Response Vehicle?

The Grant Development Department can help assist you in applying for a grant.

Questions to consider answering before contacting the Grant Development department:

- What the needs are and what type of vehicle (ATV, snowmachine, etc), if any, is being used now
- Where the services will be provided
- Why the funds are needed
- Who will benefit from the services

More information on the types of grants Rasmuson Foundation offers can be found at www.rasmuson.org/grants.

If interested, please contact Traci Maczynski with YKHC’s Grant Development department to get started on the process at **907-543-6041** or **Traci_Maczynski@ykhc.org**

or lower. Twenty-one percent of Alaska Native adults reported binge drinking. Survey results showed significant differences in binge drinking between males (22 percent) and females (15 percent) in 2016. Binge drinking is defined as consuming at least five alcoholic drinks for men or four alcoholic drinks for women on one occasion in the past 30 days.

Access to quality healthcare: The survey asked: “Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?” According to survey results, 13 percent of Alaska adults and 10 percent of Alaska Native adults were unable to see a doctor due to cost in the past 12 months. That is a significant decrease from the 2007 result of 16 percent of Alaska adults, and meets the Healthy Alaskans 2020 target of 14 percent.

The survey also revealed areas for improvement, including:

Obesity: Thirty-one percent of Alaska adults and 38 percent of Alaska Native adults are obese, based on Body Mass Index, which is determined from height and weight. This is higher than the Healthy Alaskans 2020 target of 27 percent. In 2007, survey results found 28 percent of Alaska adults were obese.

—State of Alaska Department of Health and Social Services

What is the Alaska Health Information Exchange?

The Alaska Health Information Exchange (HIE) is the electronic sharing of health-related information. The ability to exchange health information electronically is the foundation of efforts to improve health care quality, safety and efficiency in the United States.

The Alaska eHealth Network is an organization that manages the electronic sharing of health-related information between electronic health record (EHR) systems in Alaska. This is done through a secure, encrypted data exchange using standards developed specifically for health care. The only person who can access and view your data is your physician or their designated staff. Insurance companies can also see a subset of the data that applies to their billing.

Sharing health information electronically eliminates the need for faxing, copying and hand-carrying your health record from provider to provider.

How does the HIE work?

When you have an encounter with a provider, information about your visit is securely stored on the Alaska HIE and is visible only to providers that have a relationship with you.

For example, if you are referred by the Yukon-Kuskokwim Health Corporation (YKHC) to see a provider at another HIE participating facility for further treatment, your providers will have the ability to access important health information such as your medications, diagnosis, problem lists and a clinical care summary provided by the referred provider.

How is my health information protected?

Data will never be provided to anyone other than your provider or your insurer. Electronic transfer allows your data to be transferred securely and provides you with an audit of where your data has been sent.

Your health information is also encrypted into a type of language that can only be translated, or decrypted, by someone who has the authority to do so.

How is my health information used?

Just like your health information in the paper record, your health information in the EHR is protected by the Health Insurance Portability and Accountability Act of 1996 (HIPAA) Privacy Rule.

It's also important to understand that your health information can't be given to your employer, used for sales or advertising, or used for other purposes without your signed permission.

An EHR provides a digital version of the paper file you see at the doctor's office. When an EHR is connected to all of your health care providers, it gets your health information quickly and accurately into the hands of people who need it.

You may opt in or opt out of the Alaska HIE at any time.

Whichever you choose, your selection is confidential and will not affect your ability to access medical care at YKHC.

Participation in the Alaska HIE

Participation in health information technology (HIT) and data sharing in Alaska is voluntary. The choice you make will not affect your ability to access medical care. If you believe the risks of HIT outweigh the benefits, you may choose to opt out or not participate.

You should understand that when you opt out, your medical information will not be available to help participating physicians manage your care, even in an emergency. Your choice is personal and will only be shared with your provider.

When you opt out, all of your health information will be removed from the system and only enough demographic information will be kept to make sure that no health information about you is added to the system. This means that if you choose to opt in at a future date, there will be no access to past information.

If you are unsure if you wish to participate, you can choose **partial opt out**. This means that your health information is stored in an encrypted file and will only be accessed in an emergency, such as an ER visit. The emergency doctor will be given a decryption key to view your data and will be required to answer a question about why the record is being accessed.

Information about access is stored with your health record and you can request this information by contacting the Alaska eHealth Network at 866-966-9030 or by visiting www.ak-ehealth.org. You may also contact YKHC's Privacy Officer at 907-543-6995.

YKHC has earned The Joint Commission's Gold Seal of Approval®

The Joint Commission, an independent and not-for-profit national body, has been accrediting health care organizations for over 50 years. Accreditation and certification by The Joint Commission is recognized nationwide as a symbol of excellence and commitment to meeting performance standards.



YKHC's Hospital, Behavioral Health and Long Term Care programs must be accredited every three years. Because The Joint Commission reviews are unannounced, we must be prepared at all times. YKHC would like to **thank all of our employees** for their tireless efforts in helping to maintain accreditation and in ***Working Together To Achieve Excellent Health.***



Family, Infant, Toddler Program (FIT)

Does your child sit, walk, talk or play like other children?

If you have concerns or want to have your newborn to 3-year-old child assessed, call the YKHC FIT Program at **543-3690**



Photo by Dendra Chavez Photography