

Show you care, Be self-aware Breast health for teens

By Kelly York, Southeast Kansas Regional Outreach Coordinator, Early Detection Works

The U.S. Surveillance, Epidemiology and End Result Program (SEER) states “Despite the prevailing opinion that young women don’t get breast cancer, the reality is that they can and they do. In fact, breast cancer accounts for 26 percent of all cancer in females 15-39 years of age and 39 percent of all cancer in 35-39 year olds.” The National Cancer Institute’s 2005 Fact Book states that breast cancer is the leading cause of cancer death in young women ages 15-54.

Early Detection Works (EDW) is a breast and cervical cancer screening program through the Kansas Department of Health and Environment’s (KDHE) Bureau of Health Promotion and normally targets uninsured Kansas women ages 40-64 who may qualify for no-cost clinical breast exams, pap smears and mammograms. The Southeast Kansas (SEK) regional office of EDW also writes for and receives grant monies from the Susan G. Komen for the Cure Mid-Kansas Affiliate office in Wichita to conduct breast health educational programs for women of all ages.

In 2007 the SEK regional office decided to offer the program to high school age girls as the result of an increasing number of younger women being seen with breast issues. The goal was to educate and inform young women about how to recognize changes in their bodies and how making wise lifestyle choices at a young age may help lower their chance of being diagnosed with breast or cervical cancers later in their lives.

In September of 2007, letters and e-mails outlining the program were sent to schools in Southeast Kansas

(District 2), and to date, the program has been presented in 12 high schools in nine different counties with annual visits to five of those schools.

The program can be tailored to fit the class schedule and begins with an introduction of the EDW program followed by a short video that demonstrates monthly breast self-exam. The regional nurse discusses risk factors, signs and symptoms, statistics and the importance of being self-aware and making wise lifestyle choices. Time is allowed for a question and answer period.

Each girl who attends takes home a packet that contains a booklet produced by Susan G. Komen for the Cure with the cooperation of Young Survival Coalition (YSC) members who share their stories; a Komen shower card; and an EDW brochure.

Ultimately, the goal is to:

- **Empower** women of all ages to know their bodies and to recognize changes that may require medical attention
- **Encourage** women to be proactive with their healthcare needs so that problems can be found earlier and addressed
- **Educate** the uninsured women in Kansas that there is no longer a financial reason for them to not be screened for breast and cervical cancers.

Schools interested in hosting this no-cost program may contact the Southeast Kansas regional office of Early Detection Works at (620) 235-7136 or ky-ork@crawfordcohd.org.

2010 Governor's Public Health Conference

"Promoting Quality of Life for a Healthy Kansas"



The 2010 Governor's Public Health Conference will be April 26 - 28 at the Wichita Airport Hilton.

EXHIBITOR REGISTRATION IS NOW OPEN!!!

To download an exhibitor brochure, go to <http://webs.wichita.edu/depttools/depttoolsmemberfiles/conted/Exhibitor%20Brochure-2010.pdf> and to register as an exhibitor/sponsor, go to https://conferences.wichita.edu/ei/getdemo.ei?id=67&s=_OU8OJBYGW.

For additional information about this program, please contact the WSU Conference Office at (316) 978-6493; fax (316) 978-3064 or e-mail- jana.woods@wichita.edu.



5th Annual 2010 Healthy Start Home Visitor of the Year Award

- Supervisors/Administrators are asked to write a one-page essay to nominate their Healthy Start Home Visitor to be recognized at the Governor's 5th Annual Public Health Conference during the luncheon on April 28. The conference will be held at the Hilton Wichita Airport Executive Conference Center in Wichita. For more information and the application, please contact Jamie Klenklen at 785-296-1234 or jklenklen@kdheks.gov.

2009 Poverty Guidelines have been extended until at least March 1, 2010

- "On December 19, 2009, the President signed the Department of Defense Appropriations Act, 2010 (Pub. L. 111-118), which included a provision affecting the poverty guidelines. Section 1012 of the law states that:
Notwithstanding any other provision of law, the Secretary of Health and Human Services shall not publish updated poverty guidelines for 2010 under section 673(2) of the Omnibus Budget Reconciliation Act of 1981 (42 U.S.C. 9902(2)) before March 1, 2010, and the poverty guidelines published under such section on January 23, 2009, shall remain in effect until updated poverty guidelines are published.

The Congressional Record (House) (December 16, 2009, p. H15370) provides the following explanation of Congressional action:

Section 1012 includes a provision to freeze the Department of Health and Human Services poverty guidelines at 2009 levels in order to prevent a reduction in eligibility for certain means-tested programs, including Medicaid, Supplemental Nutrition Assistance Program (SNAP), and child nutrition, through March 1, 2010."

More information about the poverty guidelines can be found at <http://aspe.hhs.gov/poverty/09extension.shtml>.

AID-TO-LOCAL GRANT APPLICATIONS

- The Aid-to-Local Grant applications are due on March 15. There is a new online application form in Adobe format. All application requests must be signed, dated and sent via e-mail to Patricia Behnke at pbehnke@kdheks.gov. If you have any questions, call Patricia at 785-296-0425. The forms are located at www.kdheks.gov/doc_lib/index.html.

KBH Training & Certification For Registered Nurses

By Brenda Nickel, Child and School Nurse Consultant



Effective July 1, 2009, the KAN Be Healthy (KBH) registered nurse (RN) training program through Washburn University transferred to the Kansas Health Policy Authority (KHPA). The KBH training

manual is now accessible through the Kansas Medical Assistance (KMAP) website.

The process for nurses interested in becoming KBH certified is as follows:

KBH Physical Assessment Certification (*required*)



It is recommended that only registered nurses who have had a basic undergraduate physical assessment course utilize the independent study program. Nurses can access the KBH manual at www.kmap-state-ks.us/Documents/content/KBH/orientation_to_kbh.pdf.



The registered nurse is to study the manual and when ready to take certification test, call KHPA at 785-296-7467. A copy of the test will be faxed to the nurse wanting to take the test as well as instructions for faxing the test back to KHPA.



Once the test is received at KHPA, the test is graded and if passed, KBH certification is given through KHPA. For a list of nurses currently certified as of April 2009 go to www.kmap-state-ks.us/Documents/content/KBH/KBH~RN%20registry%2009_2006.pdf.

Hearing Screening Certification (*required*)



Hearing screening certification is required once for registered nurses to provide hearing screening as under KSA 72-1204. This assures that nurses are screening according to accepted guidelines. Hearing screening certification courses can be found through the University of Kansas Medical Center (KUMC) Area Health Education Centers website at <http://kuahec.kumc.edu/hearing.html>. Requirements for hearing screening in school programs and early childhood programs can be found at www.ksde.org/LinkClick.aspx?fileticket=BU9hNBDF2N0%3D&tabid=3757&mid=8918.

Vision Screening & Assessment Certification (*recommended*)



Vision screening certification is not required, but is highly recommended to assure that nurses can provide vision screening for diverse

ages and populations of children and adults. Vision screening certification courses can be found through the University of Kansas Medical Center (KUMC) Area Health Education Centers website at <http://kuahec.kumc.edu/vision.html>.

KBH Standards of Practice

Registered nurses seeking KBH certification to conduct KAN Be Healthy or Early Periodic Screening, Diagnosis, and Treatment (EPSDT) should have graduated from a nursing program requiring a physical assessment course. Although a pediatric assessment course would be ideal, an adult assessment course provides a base of knowledge for the independent-study certification course. Nurses with little pediatric assessment experience are encouraged to seek out a colleague that can serve as a mentor and offer guidance/supervised clinical practice of skills during the self-study course.

According to the KBH Training Manual (SRS, 2005), a "KBH screen shall consist of at the minimum" (p.5):

1. A comprehensive medical history
2. A comprehensive, unclothed physical examination
3. A comprehensive developmental history and screening
4. A complete nutritional screen
5. A comprehensive body system screen
6. Health education and anticipatory guidance
7. Blood lead screen
8. Appropriate laboratory tests
9. Appropriate immunizations according to age and health history
10. An appropriate hearing screen
11. An appropriate vision screen
12. An appropriate dental screen

For more information and resources about the KAN Be Healthy Program for the State of Kansas, go to www.kmap-state-ks.us/Public/Kan%20Be%20Healthy%20Main.asp or contact Debbie Huske, KHPA Medicaid and HealthWave Senior Manager, 785-296-8532 or at debbie.huske@khpas.ks.gov.

References

Kansas Department of Social and Rehabilitation Services (SRS). (2005). Orientation to KAN Be Healthy registered nurse training program. Health Care Policy/Medical Policy. Retrieved February 9, 2010, from www.kmap-state-ks.us/Documents/content/KBH/orientation_to_kbh.pdf.

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