Navigating Rural Health Resources

April 18, 2017

Conference Call #: (866) 620-7326
Access Code: 3507-50-3156
Overview & Agenda

Webinar Purpose:
Highlight state and federal programs relevant to rural Kansas in hopes to connect our local providers and communities to useful resources and tools.

AGENDA/TOPICS:
• Kansas Infant Death & SIDS Network, Safe Sleep
• Project ECHO: Extension for Community Healthcare Outcomes

Our Mission: To protect and improve the health and environment of all Kansans.
Safe Sleep
Kansas Infant Death & SIDS Network

KIDS
Kansas Infant Death and SIDS Network

safe sleep
Alone, on the Back and in a Crib

Our Mission: To protect and improve the health and environment of all Kansans.
Wrestling with Safe Sleep

Christy Schunn, LSCSW
Executive Director
KIDS Network
Sleep-Related Infant Death

Sudden, Unexpected Infant Death (SUID)

- Manner and cause of death are not immediately obvious prior to investigation
  1. Accidental suffocation or asphyxiation while sleeping
  2. Sudden Infant Death Syndrome (SIDS)
     - When an infant seems to be healthy, but dies usually while sleeping, for no other reason
     - Sometimes called “crib death”
  3. Unknown
Infant Mortality Data
Kansas in 2015

39,123 Babies born
230 died before their 1st birthday

KDHE, Annual Summary of Vital Statistics for 2015
Kansas Infant Mortality
2011-2015

- Congenital Anomalies: 23%
- Premature or LBW: 21%
- Sudden Unexplained Infant Death: 17%
- Maternal Factors: 9%
- Other External Causes: 4%
- All Other Causes: 26%

Source: Bureau of Epidemiology and Public Health Informatics, KDHE
Reducing Infant Mortality
Consistency along continuum of care

Preconception
- Family
- Friends
- Community
- Health classes

Prenatal
- Clinical Care
- Prenatal education
- Home visitation

Birth
- Hospital
- Birthing centers

First year
- Hospital readmission
- Well-child check
- Child care
Safe Sleep Position

Healthy term infants should be placed on their back to sleep for every sleep.
Safe Sleep Position

Prone – “tummy”

Supine – “back”
Safe Sleep Environment

- Place the baby on a firm sleep surface in safety approved crib
- The sleep surface should be bare
Cribs for Kids
Room Sharing without bed sharing
Unsafe Sleep Environments

- Car seats
- Strollers
- Swings
- Infant Carriers
- Infant Slings
Commercial Devices

Avoid the use of commercial devices that are inconsistent with safe sleep recommendations.
Baby boxes are all the buzz, but are they bunk?

Baby boxes are becoming more popular across the country. Many health experts say they could help keep a newborn baby safe as they sleep. Veuve’s Aaron Dickens has more. Buzz60

 Corrections & Clarifications: Because of an editing error, an earlier version of this story misstated the percentage of baby box recipients in Finland who

Just Cool Cars: Turning a '71 BMW into a $100,000 gem
Safe Sleep and Breastfeeding

• Breastfeeding is recommended and is associated with a reduced risk of SIDS
• There is a 68% decreased risk of SIDS for infants who are exclusively breastfed.
• There is a 32% decreased risk for SIDS for infants who are breastfed at all.
Tummy Time

• Needed to develop strong muscles

• For babies who are awake and being observed

• Offered 2 to 3 times a day and increase the amount as the baby becomes stronger.
Consider offering a pacifier at nap time and bed-time.
Maintaining Temperature

- Make sure the baby's head remains uncovered during sleep.
- Consider using a wearable sleeper or other sleep clothing as an alternative to blankets.
- Dress the baby in light sleep clothing.
Swaddling

- Swaddle a baby who wants to be swaddled
- Not too hot
- Not too tight
- Not able to flip over
Avoid Smoke Exposure

- Go outside to smoke
- Wear an overcoat
- Removed the overcoat upon return
- Exposure to smoke in a room where babies sleep, is linked to an increased risk of SIDS.
Avoid Alcohol and Illicit Drug Use

- Increased risk of SIDS with prenatal and postnatal exposure to alcohol or illicit drug use
Immunizations

• Infants should be immunized

• Immunizations reduce an infant’s risk of SIDS by nearly 50%
Safe to Sleep Campaign Materials
Referring to the KIDS Network

- Let the family know you will contact the KIDS Network to provide support
- Call of fax provisional information

Kansas Infant Death and SIDS Network, Inc.
1148 S. Hillside, Suite 10
Wichita, KS 67211
Phone: 316-682-1301
Fax: 316-682-1274
www.kidsks.org
2016 Safe Sleep Instructors

Trained SSI

Kansas Infant Death & SIDS Network


Mason B, Ahlers-Schmidt CR, Schunn C. Improving Safe Sleep Environments for Well Newborns in the Hospital Setting. CLIN PEDIATR. 2013;0009928113495954.


Bibliography


Our Mission: To protect and improve the health and environment of all Kansans.
Project ECHO

Navigating Rural Health Resources Webinar

April 18, 2017
Project ECHO
(Extension for Community Healthcare Outcomes)

Carla Deckert, MA, PMP
KUMC Project ECHO Director
ECHO’s Mission

Expand the capacity to provide best practice care

• for common and complex diseases
• in rural and underserved areas
• to monitor outcomes
Moving Knowledge
not patients
ECHO’s Goal:

Improved outcomes for Kansas patients
Project ECHO in action

- Collaborative virtual learning – built on existing technology
- Utilizing case-based learning to master complexity
- Promotes evidenced-based best practices
- Proven method to enhance Workforce Capacity
ECHO - Tele-mentoring via the Internet

• Receive an e-mail invitation
• Sign into https://Zoom.us to download the app
• Join from a PC, Mac, iPad, iPhone or Android device:
  • E-mail will include “Please click this URL to start or join. https://zoom.us/j/9999999999
  • Meeting ID: 999 999 999
• Join from a dial-in phone line
ECHO in 80 seconds:
https://youtu.be/VAMaHP-tEwk
Project ECHO Outcomes

• Patients – right care, right place, right time
• Providers – new knowledge, treat rather than refer
• Community – reduce disparities, retain providers, keep patients local
• System – access, quality, cost
Potential Benefits to Providers

• CMEs and CNEs – mix of work & learning
• Professional interaction with colleagues
• Access to interdisciplinary specialty consultation
  ✓ Tele-curbsiding
  ✓ https://www.youtube.com/watch?v=b8VKzLpxvq0
Potential Benefits
Patients and Families

• Decreased wait times for access to specialty input
• Decreased cost of travel & testing
• Enhanced care coordination
• Improved Outcomes
Potential Benefits Community

• Reduce Disparities
• Retain Providers
• Keep Patients Local
Potential Benefits System

- Increase Access
- Improve Quality
- Reduce Cost
Post ECHO Comments

• I found the focus on best practices and improvement of diagnostic skills refreshing and enlightening
• Great idea to screen everyone for other comorbid disorders
• The connection with other practitioners to be validating
• The ECHO was really amazing and the people involved were wonderful in the way they talked with everyone
• Nirvana https://www.youtube.com/watch?v=niqLQwNeXi8
KUMC ECHO’s

• Behavioral Health – Pediatric Psychopharmacology 2016
• Pain Management – 2 Cohorts during 2017
• Asthma – February 2017
• Behavioral Health – ADHD April 2017
KU Pain Management ECHO
Join us –

• E-mail: projectecho@kumc.edu
• Call 913-588-2081
- Webpage:  [www.ksruralhealth.org](http://www.ksruralhealth.org) or [www ksprimarycare org](http://www.ksprimarycare.org)
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