

# The Rural Health Messenger

October 2005 Vol.3/No.4

## Texas Tech Support Integral to Area Hurricane Relief Efforts

In the aftermath of Hurricanes Katrina and Rita, communities across West Texas were called on to assist evacuees who were affected by these devastating storms.

In Amarillo, Texas Tech University Health Sciences Center (TTUHSC) School of Medicine doctors helped to staff the medical clinic at the Amarillo Civic Center-based shelter. The Department of Pediatrics provided most of the medical care for children, and the School of Pharmacy set up an on-site pharmacy. Amarillo received approximately 200 Katrina evacuees.

In El Paso, TTUHSC doctors provided medical care to evacuees and the TTUHSC Ophthalmology Clinic provided checkups and lenses to those who lost their glasses in the evacuation. El Paso received 600 Katrina evacuees.

Lubbock received approximately 500 people from Katrina, who were cared for in local shelters for 12 days. A couple of weeks later, some 900 Rita evacuees with special needs came to Lubbock for care and shelter. In addition, nursing home residents from the affected region found temporary homes in nursing facilities, even in small towns like Hale Center.

In both efforts, Texas Tech University Health Sciences Center worked with the local Health Department, the City of Lubbock, Covenant Health System, the Community Health Center of Lubbock,



Above: Dr. Mike Ragain, chair, TTUHSC Department of Family & Community Medicine, discusses logistics with Dr. Alexia Green, dean, TTUHSC School of Nursing, while Dr. Patti Patterson (seated), vice president of Rural and Community Health works with staff from the Department of State Health Services to review patient care.

and Walgreen's to provide for the health care needs of the evacuees.

"It was a massive logistical effort to set up a triage center and primary health care clinic that could handle the rapid influx of hundreds of people with special health care needs," says Suzanne Wills-Sirmons, administrator of the TTUHSC Department of Family Medicine.

All of the Katrina victims, most of whom had spent days exposed to contaminated water and without medications, received medical care, where physicians assessed their health status and

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## A Word from Texas Tech

By Patti Patterson, MD, MPH

Vice President of Rural and Community Health

### Addressing Rural Health Work Force Needs

The news is constantly full of stories about health care work force shortages. This fact of life is nothing new to rural communities. This issue of the newsletter highlights some of the many activities of the Health Sciences Center and the West Texas Area Health Education Center (AHEC) to address the health care work force needs of the region.

These efforts are geared to impact students and communities at several stages in the process of developing health care professionals to meet the long-term



work force needs in rural communities. For students K-12, the AHEC promotes the career possibilities available in health care, with more focused messages to the high school audience. One project that is particularly exciting is the completion of the updated 3rd Edition of HOT Jobs, which is a health careers guide and website to provide very detailed information about virtually every health career available in Texas.

The Health Sciences Center supports students interested in rural practice through scholarships and stipends for rural community-based education experiences. These rural education experiences are available to health professions students at Texas Tech, as well as other health professions training programs across the state, through the work that the AHEC has done to build relationships with rural professionals who are willing to be a part of the education process—and who promote the benefits of rural life and practice.

Finally, through the coordinated efforts of the Health Sciences Center and the AHEC, the new HealthMATCH events bring West Texas communities seeking health care professionals into communication with students and medical residents training in West Texas. Already, one Panhandle community has found a physician to meet their health care needs.

To address work force shortage issues, communities have to encourage the education and career dreams of their young people, to be involved in the education process, and then to seek ways to make those career goals possible in their own communities. We are helping to make this happen.

# New Rural Health Education Scholars Announced

The Texas Tech University Health Sciences Center Office of Rural and Community Health has awarded the Rural Health Education Scholarship to 17 new recipients for academic year 2005-2006, bringing the number of Rural Scholars for this year to 60. This year's new recipients are:

<i>Student</i>	<i>Major</i>	<i>Home Community</i>
Tracy Allen	nursing	Liberty
Tanya Bailey	pharmacy	Del Rio
Kathleen Caskey	physician assistant	Cuero
Jessica Caswell	pre-medicine	Cotton Center
Shaunda Eady	speech-language pathology	Plains
Brenda Fields	audiology	Pampa
Brant Guthrie	pre-pharmacy	Post
Jenna Hensley	pharmacy	Santa Anna
Sarah Kidd	pre-physical therapy	Midlothian
Michele Lord	pharmacy	Fredericksburg
Jennifer Montoya	pharmacy	Granbury
Karen Nunez-Wallace	medicine	Houston
Alexia Rendon	pharmacy	Lubbock
Chelsey Slayton	nursing	Coleman
Katherine Toon	pre-occupational therapy	Fredericksburg
Rebecca Warren	pharmacy	Floydada
Morgan Wright	pre-physical therapy	Graham

In addition, three of the undergraduate Rural Health Education Scholars have been accepted to the Health Sciences Center and have begun their professional training. These students include:

Lisa Edwards	physical therapy	Sudan
Julie Schandua	physical therapy	Fredericksburg
Amy Tippy, BSN	physician assistant	Welch

The Rural Health Education Scholarship is available to undergraduate students at Texas Tech University and students at Texas Tech University Health Sciences Center. Priority is given to students from rural Texas communities.

The Office provides approximately \$150,000 annually in scholarship funds to students who are completing health professions education and who demonstrate a commitment to return to a rural community to practice.

For more information about the Rural Health Education Scholarship, go to [www.ttuhs.c.edu/ruralhealth/](http://www.ttuhs.c.edu/ruralhealth/).

## TTUHSC Dean of Nursing Named TNA Nurse of the Year



The Texas Nurses Association (TNA) named Alexia Green, PhD, RN, FAAN, dean and professor, TTUHSC School of Nursing, as the TNA 2005 Nurse of the Year. This award recognizes a Texas nurse who has contributed significantly beyond their employment arena to the nursing profession.

Green, who served as president of TNA (1999-2001), helped to bring initial statewide focus to the depth, complexity and future ramifications of a then newly identified nursing shortage. Currently, she co-chairs the Nursing Workforce Data Advisory Committee, whose charge is to provide policy recommendations that assure an adequate nursing workforce for the State of Texas. Her leadership in a community coalition resulted in a \$2.9 million grant award from the U.S. Department of Labor to address the nursing shortage in West Texas.

# Telemedicine Report

*Advanced Health Care Through Advanced Technology*

## Need for Standardized Electronic Medical Records Underscored by Hurricanes

There has been much political discussion the last several years about electronic medical records (EMR), much of it devoted to privacy and security issues. While some large health care organizations are in the process of transitioning to an electronic system, very few are entirely electronic and the use of EMR is generally an internal systems endeavor, meaning that the information is available only within that organization.

The recent hurricanes and ensuing mass evacuations have underscored the benefit of and need for some form of standardized electronic health records. Health care professionals, caring for Katrina survivors and for Rita evacuees with special health care needs, struggled with providing care without any information of a patient's illnesses, treatments, or even daily medications. "There were patients who could only say 'I take a little pink pill every day' and didn't know what it was for. Now we had to figure out what medicine they were on and what dosage they needed. Some of these patients had been without their medications for days," says Dr. Patti Patterson, vice president of Rural and Community Health at TTUHSC.

With a transit-oriented society—and Americans do a lot of traveling—the benefits to having access to personal health care information no matter where you are is obvious. Right now, for

the most part, medical records stay put. The question is how to develop a system that provides the benefit of information access to those who need it provide care, while at the same time protecting the patient's privacy.

There is much national debate on electronic health records—who stores them, who controls them, who has access to the information and when. In general, the approach that seems most likely to be successful is to develop standards for private companies who develop EMR software so that these systems can interface with each other. And access to the information is controlled by the patient, who gives permission to the health care provider to view the record, just as they do now with paper files.

President Bush has identified a goal for most Americans to have electronic health records within ten years.

Earlier this summer, Health and Human Services Secretary Mike Leavitt announced that the federal government is working toward the development of standards and interoperability guidelines so that EMR systems across the country can seamlessly interact. To that end, a national collaboration called the American Health Information Community (AHIC) has been established to facilitate a nationwide transition to electronic health records.

For more information, go to [www.hhs.gov/healthit/](http://www.hhs.gov/healthit/).

## Hurricane Health Care with Telemedicine

Telemedicine was in place at the hurricane evacuee's intake center in Lubbock when residents fled the coast from Rita. TTUHSC physicians found few health care needs beyond what they were able to provide on site, thus the need never arose to use telemedicine to electronically link evacuees with specialists across Lubbock. Rita did result in one emergency telemedicine consult to Texas Tech doctors in Lubbock, but ironically it originated from the driest part of Texas – the Big Bend. Physicians at Big Bend Regional Medical Center in Alpine requested a telemedicine consult after a Texas coastal area resident – who fled Rita to the Big Bend area – showed up at the hospital with a rattlesnake bite.

While telemedicine was never used

at the Lubbock evacuee centers, Don McBeath, Director of TTUHSC telemedicine said "it was a good exercise for us to ramp up a telemedicine site in a matter of hours. Fortunately for the evacuees, their health needs were manageable without telemedicine." McBeath added that special thanks go to the TTUHSC Information Technology Department, SBC communications and Valor for their extra efforts to get the telemedicine link in place.



**Above:** Dr. Esteban Arredondo, with the Lubbock TTUHSC Surgery Department, examines the patient's rattlesnake-bitten finger on September 26th.



# AHEC Update

WEST TEXAS AREA HEALTH EDUCATION CENTER PROGRAM

## Texas-Nurse Friendly Hospital Program Improves Patient Care and Nurse Retention

Three hospitals achieved the Texas Nurse-Friendly Hospital designation from the Texas Nurses Association in September, following a vigorous review process into the hospital's performance along the program's twelve nurse-friendly criteria. The hospitals are Woodland Heights Medical Center, Lufkin; Harris Methodist Erath County Hospital, Stephenville; and Memorial Hermann Fort Bend Hospital, Missouri City.

The Texas Nurse Friendly Program for Rural/Small Hospitals is designed to enhance patient care and the retention of nurses. "The purpose of the Nurse-Friendly process and designation is to improve the quality of health care and the health care workplace for rural communities," says Mary Wainwright, deputy directory of the East Texas AHEC and Nurse-Friendly project director.

There are 30 rural/small hospitals (with fewer than 100 beds) across the state participating in this program, which is supported by a five-year, \$1.2 million grant from the U.S. Health Resources and Services Administration. Client hospitals are participating in the no-cost consultation provided by the grant program and are at varying stages of the implementation process.

Four of the participating hospitals are located in West Texas: Covenant Hospital Levelland, Golden Plains Community Hospital (Borger), Iraan General Hospital, and Moore County Hospital District (Dumas).



Through the process, hospitals collect data to measure their performance in the twelve criteria, which includes

1. Control of Nursing Practice
2. Safety of the Work Environment
3. Systems Exist to Address Patient Care Concerns
4. Nurse Orientation
5. Chief Nursing Officer
6. Professional Development
7. Competitive Wages
8. Nurse Recognition
9. Balanced Lifestyle
10. Zero Tolerance Policy for Nurse Abuse
11. Middle Management Accountability
12. Quality Initiatives

Nurse satisfaction, nurse vacancy rates, and nurse retention/turnover rates are evaluated. In addition, quality of care indicators are measured, including nursing care hours; skill mix; and the prevalence of pressure ulcers, patient falls, pneumonia (hospital acquired) and urinary tract infection.

"We are very close to completing our application for designation," says Melody Henderson, chief operating officer at Golden Plains Community Hospital. "We were already working on a performance excellence program and found that the Nurse Friendly program focused our

efforts on factors that really could improve our nurse recruitment and retention.

"The thing that has been impacted the most by this process is the relationships between the nurses and physicians. It has really enhanced joint appreciation for each other."

She adds that the process is time consuming, but that the results are worth it.

While the opportunity to participate in the initial grant program has passed, hospitals can seek Nurse-Friendly designation independently through the Texas Nurses Association. The Area Health Education Center (AHEC) programs for East Texas, South Texas, and West Texas are available to provide guidance and assistance to small/rural hospitals wanting to go through the process.

Project partners include East Texas AHEC of the University of Texas Medical Branch, the Texas Nurses Association West Texas AHEC of Texas Tech University Health Sciences Center, and South Texas AHEC of the University of Texas Health Science Center San Antonio.

For more information about Texas Nurse-Friendly designation, go to [www.texasnurses.org](http://www.texasnurses.org).

# HealthMATCH connects rural communities and providers across West Texas

Finding a physician to meet the needs of your community can be like finding a needle in a haystack. Just ask Wally Boyd, the administrator for Ochiltree General Hospital in Perryton, Texas. He had tried several times to recruit a family practice physician who also wanted to provide OB/Gyn services.

Perryton has two doctors that deliver babies, but one wanted to slow down so that he can spend more time with his own children as they were going through school.

Perryton has the only hospital in the northeast corner of the Texas Panhandle where babies are delivered. The hospital, with its 8-bassinet nursery and two delivery suites, has almost 200 baby deliveries each year. Without that facility, residents from that region would have to drive at least 55 miles to the next nearest hospital in Texas that delivers babies.

“While many rural communities have had to discontinue obstetric care, we’ve felt that it is very important to our service to Perryton and the area to continue to provide that care. If mothers receive prenatal care, then you are less likely to have problems when the baby is born,” says Boyd.

After unsuccessful recruiting attempts, Boyd heard about an event hosted by the Panhandle Area Health Education Center (AHEC) at the Texas Tech University Health Sciences Center campus in Amarillo. The annual event, called HealthMATCH, offers rural communities the opportunity to meet primary care



**Above:** John Phillips, administrator and Dana KcKelvain, RN, education & infection control manager at Eastland Memorial Hospital participated in HealthMATCH-Odessa.

medical residents who are interested in rural practice.

At HealthMATCH-Amarillo in January 2005, Boyd met Dr. Jenny McGaughy, a family practice resident who was seeking a practice opportunity that allowed her to practice OB/Gyn.

The community presentation piqued her interest, and after several conversations and visits to the community, the doctor had found

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## Focus On

### COMMUNITY HEALTH

Santa Anna, Texas, is a small community with approximately 1,000 people. Despite its small size, the community continues to make the most of its health care resources, including hosting health professions students for part of their training.

Located in Coleman County, Santa Anna’s economy is primarily driven by ranching and hunting. Santa Anna has generally always had some sort of local health care service off and on—even a hospital, although it closed many years ago.

When Peggy Hensley opened her nurse practitioner-owned clinic in 1994, the town had been without local health care access for a while. Hensley has sustained health care service in the community since that time. She had worked for several years as a nurse in the Emergency Room and Intensive Care units in Newport News, VA, Brunswick, ME, and Brownwood, TX, before she and her husband moved back to Santa Anna, her husband’s hometown, in 1988. After returning, she decided to pursue her master’s degree as a family nurse practitioner at University of Texas at Arlington—and then proceeded to open her own clinic, providing much needed access to care.

This summer, Hensley has expanded her role as a health care provider to include serving as a preceptor with the Big Country Area Health Education Center for health professions students seeking rural-based clinic rotations. Her first student, Ann Manners, attends the Patty Hanks School of Nursing in Abilene, where she is completing a master’s degree in the Family Nurse Practitioner program, after a dozen years working as a nurse in an ICU in San Antonio and Abilene. Manners says that she has enjoyed her experience in Santa Anna, which has been her first taste of rural life. “The community has such a closeness that I’ve never experienced before,” she says. “I really have appreciated the time that I can spend with each patient, the time spent teaching—the fact that patients can just walk into the clinic when they need to.”

Manners adds that she has also learned a lot from the experience. “There has been a lot of diversity in the types of patients and health care needs that she has seen in the rural clinic, compared to specialty-focused care in an urban setting. I’m thinking about a career in a rural community.”

# Concho Valley regional consortium addresses health care provider shortage

The Concho Valley Partnership for Development of the Health Care Workforce, operating under a \$419,163 Wagner Peysner 7(b) grant provided by Texas Workforce Commission funds, has been hard at work trying to address the health care professional shortage in the 13 counties of the Concho Valley.

Through its evaluation of the region's health care labor market, completed in early 2003, the Partnership identified that there was a need to fill 200 nursing positions annually over the next three to five years. "These open positions are the result of nurses aging out and retirements; lagging entry-level numbers; turnover; more nurses working less than 32 hours a week, and the lack of women entering the once traditional occupation" says Mary Kay Kuss, director of Planning and Resource Development. "In addition, local labor market projections indicate a 31.8% growth rate for RN positions in the Concho Valley through the year 2010, and a 9.1% growth rate for LVN positions during the same time period."

With this information in hand, the Partnership recognized the need for and developed a comprehensive strategy to address the shortage by helping area nursing education programs expand their capacity and providing financial aid for students seeking entry into nursing education.

With the help of the Partnership, Howard College was able to increase its nursing student enrollment by ten positions and Angelo State University was able to expand its program by X student positions—which has enhanced the accessibility of education and training programs throughout the Concho Valley. In addition, 137 nursing students in RN, LVN, CNA, and re-entry programs have received scholarship or other financial assistance for their education.

The Partnership also provided 147 students the opportunity to participate in summer job shadowing experiences within the health care industry.

Other outcomes of the Partnership efforts include

- Increasing the number of individuals entering nursing professions,
- Increasing services to industry sector employers, and
- Increasing awareness of nursing professionals' positive contributions to the health care industry and the community.

Johnny Griffin, executive director of Concho Valley Workforce Development Board, is pleased the Board was able to secure these funds for the Partnership to make this concentrated effort possible. "We face no greater challenge than to secure an adequate health care work force both now and in the future," he believes.

"The Partnership has brought together many of the key education, health care industry, and business leaders in a way that maximizes the contributions of each to address the health care work force issue. No one sector of the partnership could have accomplished this capacity building alone," adds Jim Fitch, director of the Permian Basin Area Health Education Center.

The Partnership, which began in January 2002, now has 23 member organizations.

Members of the Partnership include Angelo State University, Baptist Memorials Center, Concho Valley Workforce Development Board, Hospice of San Angelo, Howard College, La Esperanza Clinic, MHMR of the Concho Valley, River Crest Hospital, San Angelo Chamber of Commerce, San Angelo Community Medical Center, San Angelo Independent School District, San Angelo State School, SCCI Hospital of San Angelo, Shannon Health System, Education Service Center – Region XV, West Texas Rehabilitation Center, Hill Country Memorial Hospital, Kimble Hospital, Heart of Texas Memorial Hospital, Reagan Hospital District, Lillian M. Hudspeth Memorial Hospital, Schleicher Country Medical Center, Concho County Hospital, and Permian Basin Area Health Education Center.

## HealthMATCH continued from page 5

her place. McGaughy is now completing a fellowship in Obstetrics, with an emphasis in high-risk and operative Obstetrics, to better prepare for rural practice. She will begin working in Perryton in September 2006.

"Without HealthMATCH, I would still be looking for a physician," says Boyd. "I found a quality physician who understands rural practice, and I can offer her a practice opportunity that is much broader in scope than anything an urban area offers."

"I've always wanted to be a small-town doctor," says McGaughy, who grew up in Boyd, Texas, the daughter of a rural family physician. "Actually, I probably should have

run from it; I can remember that there were times when my dad was rarely home. But there is a continuity to rural practice—taking care of people and their children and their parents. You can be very involved in the community, caring for families and watching them grow. That was exactly what I wanted."

The community of Eastland, Texas, is also seeking two physicians—both family practice, with one including OB in their practice. Community and hospital representatives are currently in conversation with a resident physician they met at the HealthMATCH event held in Odessa in September.

"We recruited a doctor at Health-

FIND, the state rural recruiting event, three years ago," says Dana McKelvain, RN, from Eastland Memorial Hospital. "We had to wait two years while he completed his training, but he was the right person for our community. It's been a great fit. Events like HealthMATCH and HealthFIND are excellent opportunities for communities to interact with professionals seeking rural practice."

HealthMATCH is an event, hosted annually on each campus of the Texas Tech University Health Sciences Center. The next event is scheduled for November 2 on the Lubbock campus. For more information, call Jessica Patton with the AHEC of the Plains at (806) 291-0101.

# Updates to *HOT Jobs* Enhances Resource for High School and College Students

High school health science technology teachers and guidance counselors will soon have a new health careers tool to use with students interested in health careers. The newly updated *HOT Jobs: A Cool Guide to Health Careers* in Texas will be available in October.

The 130-page publication promotes health careers, providing information on job outlook, salary, years of education required, work environment and opportunities for advancement in each profession.

“The purpose for the *HOT Jobs* book is to give young people the tools they need for making career decisions,” says Melissa Hare, practice entry and support coordinator with the Brazos Areal Health Education Center (AHEC). “The *HOT Jobs* book gives them information on over 80 different career opportunities.”

In addition to the book, *HOT Jobs* offers an updated interactive website, [www.texashotjobs.org](http://www.texashotjobs.org), where users can take a career interest inventory to see what health careers may be a good fit for them, as well as search for careers based on their own goals for educational attainment, interests and salary. The website also allows the user to look for colleges based on the degree programs offered and their geographic location.

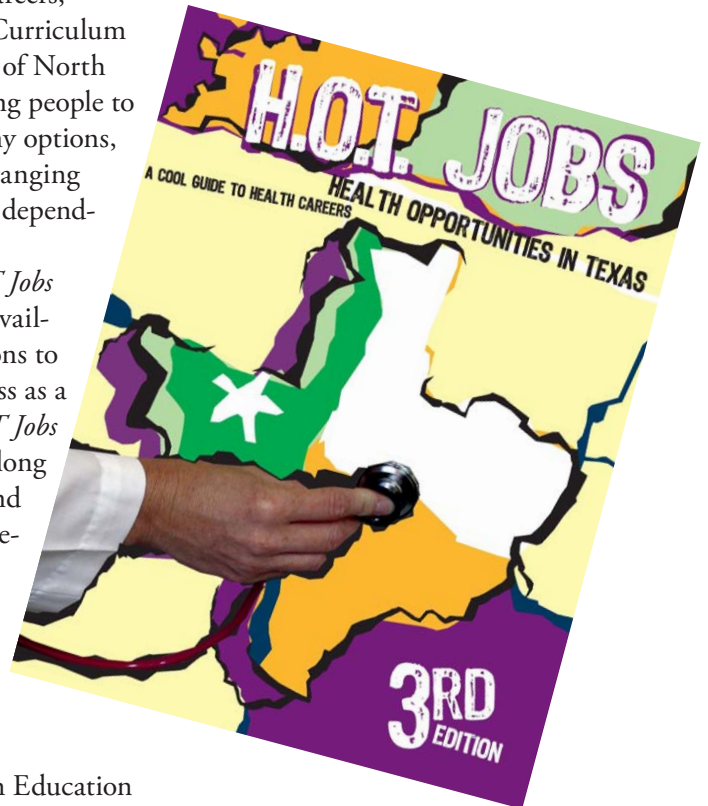
“The *HOT Jobs* book and website are an excellent resource for high school teachers, guidance counselors to learn more about health careers and what the require-

ments are to pursue specific careers,” says Renee Tonquest, HSTE Curriculum Coordinator at the University of North Texas. “It’s important for young people to understand that there are many options, with education requirements ranging from one year to eleven years, depending on the profession.”

The third edition of *HOT Jobs* has built on the information available in the previous two versions to expand the product’s usefulness as a career research tool. The *HOT Jobs* offering is the result of a year-long process of research, editing, and concept development by a statewide workgroup of educators and health careers promotion professionals.

Organizations that support *HOT Jobs* development include

- West Texas Area Health Education Center Program
- East Texas Area Health Education Center Program
- Texas Tech University Health Sciences Center Office of Border Health/Health Education Training Center (HETC) Alliance of Texas
- Texas State Office of Rural Community Affairs
- Texas Higher Education Coordinating Board
- Center for South Texas Programs



- Texas Education Agency

The books are primarily distributed for use in high schools across the state by regional AHEC and HETC centers. For more information, contact your local Area Health Education Center (AHEC).

*HOT Jobs* was funded, in part, through a federal Basic AHEC Grant from the Health Resources Service Administration.

## Hurricane Relief Efforts continued from page 1

worked with them to get their medications restarted. For many, this was a challenge because of the patient’s inability to give complete information about their medication needs and the unavailability of patient records.

“Rita evacuees arrived prior to the storm’s landfall, so we had more complete information about each person’s health care needs,” adds Wills-Sirmons. “Many of the people that Lubbock took in were people from assisted living facilities, and people who had complex diseases like cancer and renal failure, who needed con-

tinuous advanced treatment.”

In addition to physician care and pharmacy services that were provided to evacuees, students from the TTUHSC School of Nursing provided round-the-clock staffing to provide care to the Katrina victims while they were housed in the shelter. Students from the Covenant School of Nursing and South Plains College Nursing Program staffed the health clinic for the Rita relief effort.

“The volunteer efforts by TTUHSC and West Texas communities for both Katrina and Rita were extraordinary,”

says Patti Patterson, vice president of Rural and Community Health at TTUHSC. “The community really came together to care for our neighbors.”

In the aftermath of the storm and relief efforts, approximately 270 Hurricane Katrina survivors have decided to make Lubbock their home. Most Rita evacuees have already returned to their home communities.

For more information about Texas Tech’s role in providing aid, go to [www.texastech.edu/katrina/](http://www.texastech.edu/katrina/).

## Season for Sneezin'



More than 50 million Americans suffer from allergic diseases, according to the National Institutes of Health.

The runny nose, itchy eyes, pressure and even headache that comes when you come into contact with an irritant, or allergen, that sets you down the road to misery. And words like dust mites, mold, ragweed, and pollen send you running for cover.

How do you know if what you have is a common cold or sinusitis, which is an infection or inflammation of the sinuses? You generally can't tell until the cold remedies, which you've taken for several days, aren't working and you decide that it must be more than a cold.

Sinuses are hollow air spaces in the human body. If a person talks about their sinuses, they are generally referring to one or more of four pairs of air spaces (cavities) that have an opening into the nose. Anything that causes swelling in the nose, like an infection or allergic reaction, can affect the sinuses.

If you struggle with airborne allergies there are several things that you can do to minimize your exposure.

For dust mites, which are microscopic creatures that live on bedding, upholstered furniture and carpet, and feed on flakes of skin:

- Use a dehumidifier or air conditioner to maintain humidity in your home at 50% or below.
- Encase your mattress and pillows in dust-proof covers and wash all bedding and blankets once a week in hot water.
- If possible, replace carpets in bedrooms with hard floors and remove upholstered furniture.
- Use a damp mop or rag to get rid of dust.

For allergies to grasses, ragweed, and other pollens:

- Keep grass cut short—and have someone else mow the lawn if possible. If you mow the lawn yourself, wear a mask.
- Avoid being outdoors between 5-10 am.
- Keep windows in your home or car closed.
- Dry clothes in an automatic clothes dryer.

These preventive measures were taken from the National Institute of Environmental Health Sciences. For more information, visit their website at <http://www.niehs.nih.gov/airborne/prevent/prevent.html>.

Oct 18	Pediatric Physical Assessment	Abilene, TX Contact: Mike Nall, 325-793-8484
Oct 25, 27	Advanced Cardiac Life Support	Muleshoe, TX Contact: Jessica Patton, 806-291-0101
Oct 27	Anxiety Disorders and Anxiety Responses	Odessa, TX Contact: Jim Fitch, 432-685-8306
Nov 2	HealthMATCH	Lubbock, TX Contact: Jessica Patton, 806-291-0101
Nov 2	Supervisor Workshop II	San Angelo, TX Contact: Jim Fitch, 432-685-8306
Nov 10-11	Emergency Nurse Pediatric Course	Lubbock, TX Contact: Jessica Patton, 806-291-0101
Nov 17	Alzheimers: What it is, what is new, what is on the horizon	Brady, TX Contact: Martha Williams, 325-597-2903
Nov 17	Depression: From Despair to Hope	Brady, TX Contact: Martha Williams, 325-597-2903
Nov 22	Downs Syndrome	Booker, TX Contact: Jean Haynes, 806-212-6180
Dec 12-13	Trauma Nurse Core Curriculum	Lubbock, TX Contact: Jessica Patton, 806-291-0101
Dec 28	Guidelines for Nurse Delegation (RN or LVN)	Abilene, TX Contact: Mike Nall, 325-793-9494

**Want to learn more about Telemedicine?  
Telemedicine 101  
Coming in early 2006  
For more info, call Debbie Voyles at 806-743-1338**

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