



NWVRHEC Region 1
October, November, December
2009

NWVRHEC Region 1 Students Target H1N1 Education and Awareness

Northern WV Rural Health Education Center health science students in rotation with Region 1 have created H1N1 CD PowerPoint presentations targeting the elementary, middle and high school populations including a public service announcement in DVD form as well as a brochure that addresses the adult population needs in combating the H1N1 flu virus.

Four interdisciplinary sessions were conducted throughout the fall so that RHEP students could gain a broad range of information regarding the H1N1 virus. At the first session Reynolds Memorial Hospital Director of Nursing Carol Miller (RHEP Nursing preceptor) and Pattie Kimble, Infection Control Coordinator, reviewed the H1N1 Vaccine, discussed community needs and reviewed hospital policies and procedures with regard to disease control.

In the second session, Roger Cole (RHEP Pharmacy preceptor) led the discussions on the ingredients in flu vaccines and discussed methods of inoculation and how different flu virus inoculations are administered. He discussed preventive methods that health care providers should take to avoid contaminating others.

During the third session, Dr. David Hess (RHEP Medical preceptor) had several case studies that he shared with the students about the after effects of some viruses, how they can lead to other symptoms, and problems.

He also reviewed pediatric case studies and talked about the importance of immunizations and vaccines for youth.

Dr. Kelly Barki (RHEP Medical preceptor) discussed the effects of vaccines H1N1 and others on the elderly population in the final session. She had case studies that she shared with the students and lectured on the overall importance of knowing your patient's allergies and conditions.

Armed with this extensive knowledge base, students proceeded with the development of educational materials which are available for all area schools, health departments, preceptor offices, and hospitals.

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RHEP Region 1 students who developed materials on H1N1.

Ft. row: Jennifer Wycherley, Jennifer Goddard, Ashley McKinley, Chelsea Carroll.

Back row:– Cheryl Smith, Matt Rafa, Zach Visnic, T.J. Weimerskirch, James Iams, Todd Lemley, Caitlyn Nutt, and Anna Fuller.



John Marshall High School Resource Day

Safe and Drug Free Schools

Counselor/Prevention Specialist Shelly Behm organized a one day Resource Fair which was held at John Marshall High School on Friday, November 20, 2009. John Marshall students were first surveyed to determine areas of interest. Mrs. Behm then solicited approximately 15 agencies to present for the educational day. NWVRHEC Region 1 targeted Rx Drug Abuse and Tobacco use. RHEP students were responsible for distributing information, discussing health care issues, and completing blood pressure checks as students visited their booth. Over 650 students received valuable information throughout the day. Other topics covered at the fair included bullying, depression and suicide prevention, family violence prevention, racial justice, alcohol prevention, tobacco information and cessation.



Mrs. Shelly Behm – Safe and Drug Free Schools director and RHEP student James Breisinger – WVU School of Medicine are ready to greet John Marshall students on Friday, November 20, 2009.

NWVRHEC RHEP Coordinators Present Opportunities at School Fairs

RHEP coordinators from throughout West Virginia have been available with information about their regions for all health science profession students at recent school fairs. On November 10, 2009 WVU hosted a school fair while WV School of Osteopathic Medicine hosted their fair on December 1, 2009.



Left – Carla Campbell coordinator of the Southern Counties Consortium and Elizabeth Richmond coordinator for Southeastern consortium encouraged all health profession students to eat healthy.

Region 1 CARDIAC 2009 – 2010 Nearly Complete

NWVRHEC Region 1 staff is pleased that the CARDIAC screenings for Wetzel, Marshall, Ohio, Brooke, and Hancock Counties are nearly complete for the 2009 – 2010 year. This year, 635 fifth grade students have received Fasting Lipid Profiles (FLP) screenings in Region 1. Recently a landmark screening took place in a southern county of WV with the 100,000 5th grade student being screened since the inception of the program. The Region I staff would like to thank all of the area hospitals, OVMC hospital, Wheeling Hospital, Reynolds Memorial, and Wetzel County Hospital for their continued support in CARDIAC project.

Cameron to Host the First School Based New You Program in WV

CAMERON – Students, staff and community members in Cameron will soon be enjoying a state-of-the-art “exergaming” facility at Cameron High School.

The Northern West Virginia Rural Health Education Center is nearing completion of the dedicated 2,000 square foot facility, the first of its kind on this scale in West Virginia.

The facility, to be located at the west end of the Vocational Building at CHS, will be fully equipped with the latest commercial grade equipment (lightspace wall, cobalt DDR, Concept 2 rowers, Cateye Game bikes, etc.) as well as some residential (Wii, game pads) and in-house developed products (projection walls, modified Wii remote apps. etc).

Users will not only be able to take advantage of exercise equipment, but also numerous tech items to monitor and provide biofeedback, such as wireless pulse and body composition monitors tied to individual profiles.

Initially, the facility will utilize the exergaming in CHS physical education classes and compare the results of the school standard “Fit Gram” with other schools to show any improvement in fitness between “exergaming” and traditional PE classes.

In the spirit of interconnectivity, the “exergaming” facility will use HD video conference technology to link to the NEW You program in Grafton, a hospital rehabilitation-based exergaming center sponsored by NWVRHEC and run by physical therapist Eric Shaw. This connection will help provide health and medical consultation to the health instructors hours away, including EXRX and nutrition planning from registered dietitians in the program.

The facility is co-sponsored and monitored by PEIA, beBetter Network, The Health Plan, WVDHHR, West Virginia University Pediatrics and CARDIAC programs, and the West Virginia School Building Authority.



Cameron High School HSTA students demonstrate exergaming equipment in the new State-of-the Art facility at CHS.



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Red Cross Blood Drive January 6, 2010

Cameron High School senior December Richards will sponsor a Red Cross blood drive on Wednesday January 6, 2010 at the Cameron Community Health Center. Red Cross staff has announced that anyone who donates between now and January 10, 2010 will have the opportunity to win two tickets, air fare, and hotel lodging for the NFL Championship Game in Miami. To donate, please call 1-800-GIVE LIFE (1-800-4483-5433) to set up an appointment.