House Calls of the Future  Keeping Rural ND Healthy

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Program Director

Connecting resources and knowledge to strengthen the health of people in rural communities.

Center for Rural Health

- Established in 1980
- Focuses on:
  - Education, Training, & Resource Awareness
  - Community Development & Technical Assistance
  - Native American Health
  - Rural Health Workforce
  - Rural Health Research
  - Rural Health Policy
FOCUSING ON

• Rural health challenges
• Finding new & creative ways of delivering services
  – Workforce ~ Growing Your Own!
  – Innovating around networking
  – Fostering all dimensions of health and wellness
  – Advantages of health information technology
NORTH DAKOTA

- Population – 634,366
- Median age - 38.8
- 47 of 53 counties lost population (1990-2000)
- 66% (35/53) of ND Counties are Frontier Counties
- 19th in size
- 89% of ND counties are entirely or partially
  HPSA (health professional shortage areas) / MUAs
  (medically underserved areas)
- Average age of registered nurse – 43 years
- 93% of emergency medical techs are volunteers
- 39 rural hospitals
OBSERVATIONS ABOUT HEALTHCARE

“a dangerous path”

“no time to waste”

“collision course”

(Michael Porter, 2006)

CONCERN IS CRYSTALLIZING

"The old models of medical care and public health delivery no longer work... the US health care system, both public and private, is in imminent danger of collapse..."

(AHA Health Research and Education Trust Sept. 2006)
GOALS FOR A HIGH PERFORMANCE HEALTH SYSTEM

LONG, HEALTHY, AND PRODUCTIVE LIVES

CAPACITY FOR INNOVATION AND IMPROVEMENT

HIGH QUALITY, SAFE, COMPASSIONATE, COORDINATED CARE

EFFICIENCY

ACCESS AND EQUITY FOR ALL

DELIVERING QUALITY CARE: WORKING HAND-IN-HAND

North Dakota Hospitals

Innovative Networking
Flex Supported Networks

Board Training
Health Information Technology
Quality Improvement
CAH Specialist
Anesthesia Services

Health Occupations

Diabetes Care
Wellness Services
Emergency Preparedness
Hypertension Project

Flex Supported EMS Networks
DELIVERING QUALITY CARE: WORKING HAND-IN-HAND

North Dakota Hospitals

Workforce – Growing Your Own
DELIVERING QUALITY CARE: WORKING HAND-IN-HAND

North Dakota Hospitals
Fostering all dimensions of health and wellness

Community of Langdon

- **Planning** for community wellness
- **Partnership** involving economic development, local hospital, city, others
- **Funding**: recipient of HRSA Outreach Grant ($465K over 3 years)
- Including all dimensions of health/wellness:
  - Physical
  - Psychological, Mental and Emotional
  - Career Health
  - Social networks
  - Financial Health
  - Spiritual Health
  - Personal Relationships/Family
Success Story

Tom

• After a visit to the doctor, Tom became motivated to lose weight.

• Came in for fitness assessments but exercised on his own.

• Lost 73 pounds!
DELIVERING QUALITY CARE: WORKING HAND-IN-HAND

North Dakota Hospitals

Advantages of Health Information Technology
North Dakota’s Regional Information Highway (2008-2009)

Northwood Deaconess Health Center

Pembina Co. Memorial Hospital

First Care Health Center

Wedgewood Manor

First Care Clinic

Valley Community Health Center

CAH HIT Network Project

Sharing Electronic Medical Records

Northwood Deaconess Health Center

Pembina Co. Memorial Hospital

Altru

Grand Forks

Wedgewood Manor

First Care Health Center

First Care Clinic

Valley Community Health Center
BENEFITS OF HEALTH INFORMATION TECHNOLOGY (HIT)

- Immediate access to patient information
- Backed-up medical records
- Reduce duplicate tests
- Provide decision support for physicians and patients
- Facilitate “referrals”
- Reduce medical errors
- Promote better management of chronic conditions and care coordination
  - Registries (diabetes)
  - Performance information
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