

NPAIHB Weekly Update

June 18, 2024

Please sign in using the chat box:

Enter the tribe or organization you are representing
and names of all people participating with you today



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

Information for Today's Call

Agenda

- Welcome & Introduction: Nancy Bennett
- Upcoming Indian Country ECHO Sessions
- Upcoming NPAIHB Events
- Upcoming NPAIHB Weekly Update Sessions
- Environmental Public Health Update – NARCH Study Summary, Asthma Home Visit Program
- IHS and/or State Partner Updates
- Questions & Comments

Guidelines

- Please place yourself on mute unless speaking
- Sign in, using chat box, with your tribe/organization and names of all participants
- Use the chat box for questions, for Q&A after updates and announcements



Upcoming Indian Country ECHO telehealth opportunities

- **Dermatology ECHO** – 3rd Tuesday of every month at 3pm PT
 - Tuesday, June 18th at 3pm PT
 - Topic: *Scarring Alopecia*
 - To learn more and join: <https://www.indiancountryecho.org/program/dermatology-echo-program/>
- **Infectious Disease ECHO** – 3rd Thursday of every month at 11am PT
 - Thursday, June 20th at 11am PT
 - Didactic Topic: *Preventing Pneumococcal Disease in Indian Country*
 - To learn more and join: <https://www.indiancountryecho.org/program/infectious-disease/>
- **EMS ECHO** - 1st Tuesday & 3rd Thursday of every month at 5pm PT
 - Thursday, June 20th at 5pm PT
 - Didactic Topic: *Toxicology on EKG*
 - To learn more and join: <https://www.indiancountryecho.org/program/emergency-medical-services-echo/>

Gender-Affirming Care Gathering

- **Dates:** June 25th – 27th, 2024
- **Location:** Boise, ID & Virtually via Zoom
- **Description:** Staff (clinical and non-clinical) serving trans and gender-diverse American Indian & Alaska Native people are invited to participate in the Gender-Affirming Care Gathering. The program provides comprehensive information to effectively provide excellence in gender-affirming care. The program offers a free 2.5-day training (both in-person and virtual options available) & subsequent telehealth clinics.
- **Further Information & Registration:**
<https://www.indiancountryecho.org/gender-affirming-care-conference/>



Gender-Affirming Care Gathering
June 25-27, 2024 • Boise, ID

INDIAN + COUNTRY
ECHO

Clinical and non-clinical staff serving trans and gender-diverse American Indian & Alaska Native people are invited to participate in the Gender-Affirming Care Gathering. This will be a free 2.5-day training with in-person and virtual attendance offered. CE will be provided.

At this gathering, we will:

- ♥ Review elements of affirming clinic environments and best-practice gender-affirming care across the lifespan
- ♥ Explore Indigenous approaches to gender-affirming care and Indigenous peoples' gender-related cultural needs
- ♥ Hear about success stories for providing Indigenous gender-affirming care
- ♥ Discuss the current legal landscape of gender-affirming care and its implications for Indigenous gender-affirming care
- ♥ Connect with other clinicians and colleagues across Indian Country

Register Here:



More Information on Indian Country ECHO
www.IndianCountryECHO.org

www.surveymonkey.com/r/GenderAffirmingCare2024

The poster features a central illustration of a woman in a purple shirt and blue pants sitting on a stool, holding a bird. A moose is standing next to her, and a person in a wheelchair is sitting on the ground. The background is a dark blue night sky with stars and a full moon. The illustration is framed by a circular border with colorful feathers and a red heart.

OR Community Health Conversations: SDOH

Join us at the July Quarterly Board Meeting (QBM) for the continuation of conversations to gather input and feedback on a proposed alternative OR state BRFSS module with questions on the Social Determinants of Health (SDOH)

When: Tuesday, July 16, 12:00-1:30 PM

Where: NPAIHB QBM @ Spokane

What: Working lunch session – buffet lunch for participants (no RSVP required)

Who: Oregon Tribal leaders, OR THDs and other tribal program/clinic staff, OR Tribal members, OR Urban Indian staff and community members

Sponsored by: NPAIHB & Oregon Health Authority (OHA)



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For more information or travel support, please contact
Bridget at bcanniff@npaihb.org

Weekly Update Schedule Preview: June & July

June 25: NWTEC Tribal Leaders Priority Survey Results

July 2: Tribal Public Health Infrastructure Part 3

July 9: NWTEC Update – New Tribal Memoranda of Agreement for Data Sharing (*tentative*)

July 16: **No Weekly Update – NPAIHB QBM (Spokane)**

July 23: Public Health Update – Journey of Transformation 10th Grade Curriculum

July 30: Legislative & Policy Update



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Visit www.npaihb.org/weeklyupdate for upcoming topics, past presentations, and more!



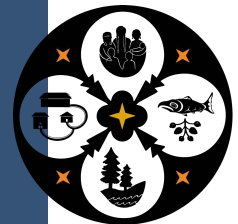
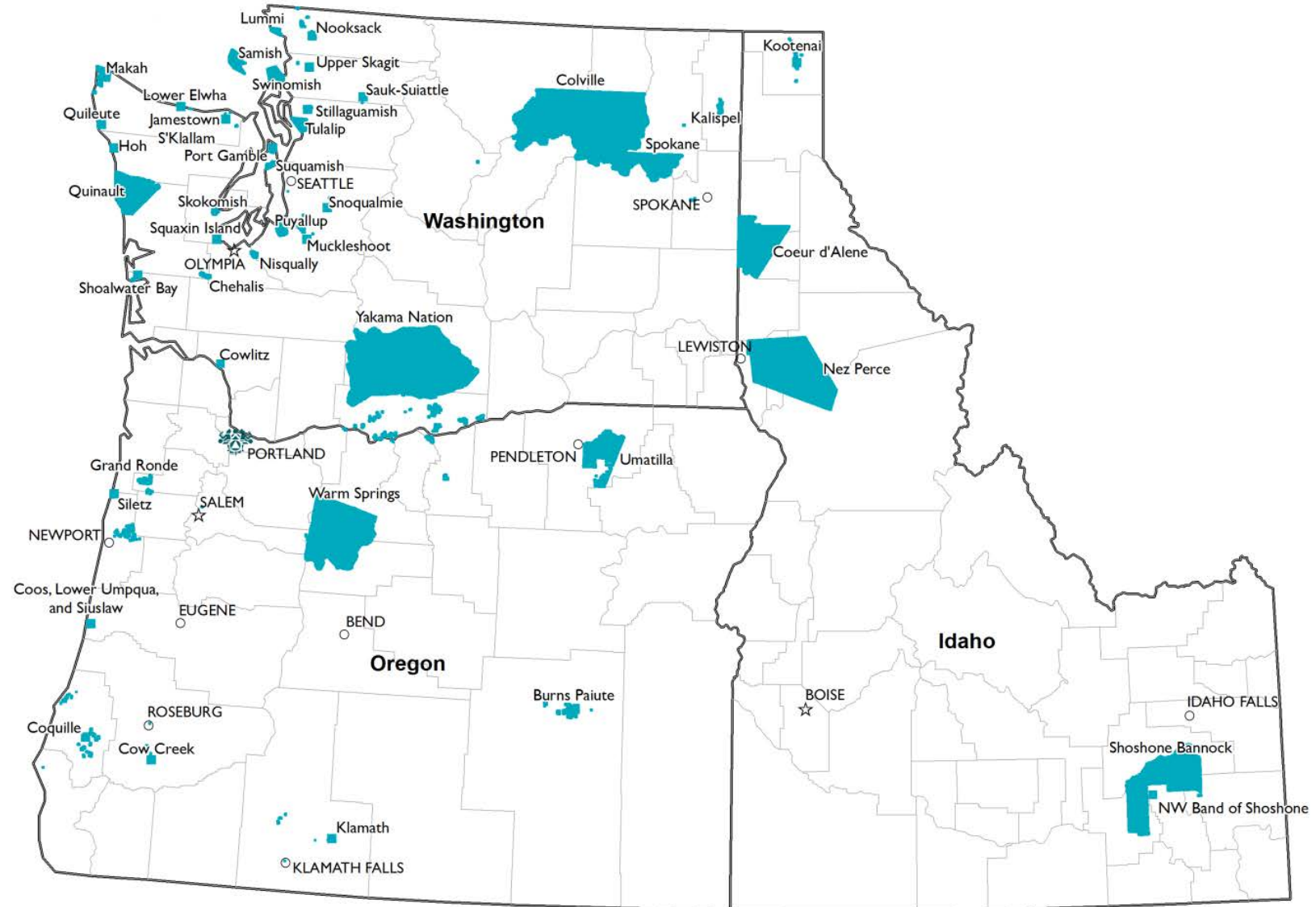
Enhancing Control of Childhood Asthma in AI/AN Communities

Managing Asthma through Medicine
and Healthy Living Environments

Shawn Blackshear, Environmental Public Health Division Director
Northwest Portland Area Indian Health Board



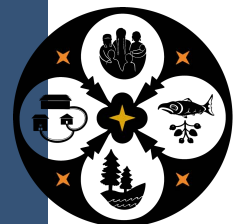
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A comprehensive childhood asthma program at Yakama Nation

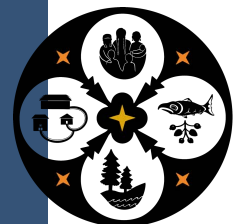


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Yakama Indian Health Center

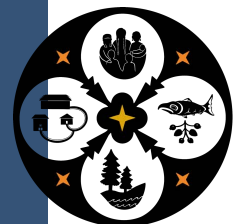
- Child patients w/ moderate to severe asthma were invited to participate in the study
- Referred to the pharmacy-operated Asthma Clinic





Pharmacy

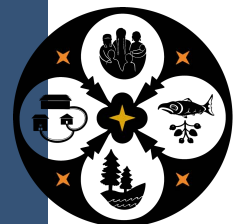
- The hub for information flow
- IHS pharmacy set up home assessment appointment
- Home assessment findings recorded in patient's EHR by pharmacy, for review by IHS clinical provider as a note that must be signed off
- Pharmacy had its own asthma assessment protocol and education regimen





Environmental Health

- Home assessment
 - Interview
 - Home walk-through to identify asthma triggers
 - Participants receive intervention materials for common asthma triggers
- Medication usage review
- Education on how to remove or reduce asthma triggers
- Home repair to remove asthma triggers (assistance resources)



Broad environmental context considerations



Let's walk through a home visit



Come bearing gifts

63% of caregivers were concerned about dust

51% were concerned about mold or mildew

Remedy: Green cleaning kits

Two \$25.00 gift cards to local grocery store – one for parent, one for child



Manage clutter and stuffed toys in bedroom



Control Pet Dander



Don't forget to clean window coverings and blinds/drapes.



46% had at least one pet in the home



Designate a pet area, slip covers on upholstery, wet mop floors at least weekly. Clean pet bedding often to remove dander.

Control Relative Humidity



Humidifier



Relative
humidity
meter



Ventilation
fan

Check for water leaks and mold



Repair water leaks to prevent mold.

Keep dirty dishes out of the sink to deny insects and rodents a food source.



Reduce Exposure to Smoke

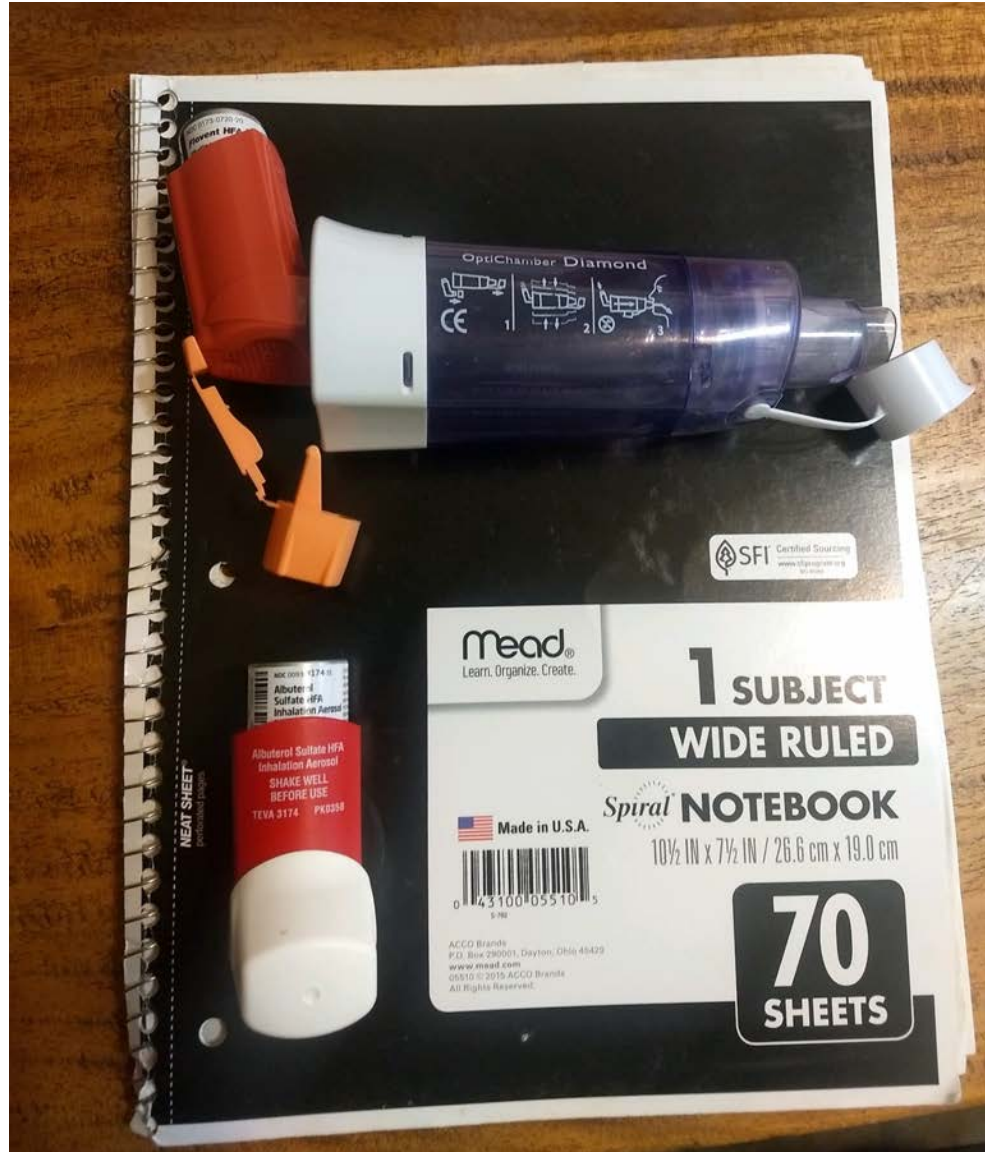


- 19% had a wood burning stove
- Yakama Nation has a trade-in program to replace old wood burning stoves with EPA-certified clean burning
- For those who smoke, set goals to reduce smoking in the home and around children

Identify other safety risks.



Review medications and





○ Wrap up the visit with clear action items

Write out recommended changes for the home environment

Update asthma action plan
Follow up with Housing for necessary repairs

Facilitate communication with pharmacy and primary care provider

Follow-up home visit in six months

59. Action Items

Based on what has been discussed, do you think there are any actions you could take immediately?

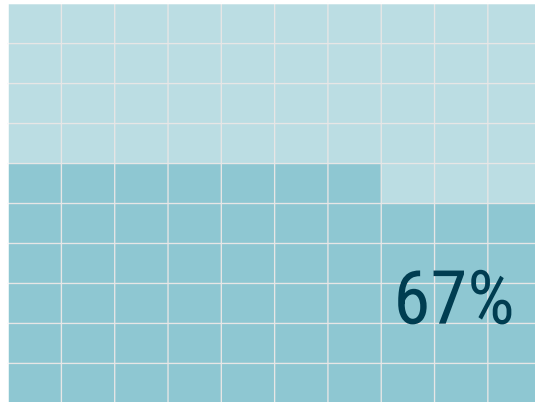
No Yes If yes, what would they be?

1. Repair Kitchen sink so that it does not leak; clean mold; remove damaged cabinet + replace as it is moldy + water damaged.
2. Do not use painting lacquers in bedroom. Put fan in window of bedroom to pull vapors out (at least).
3. Install bedding and pillow allergen covers.
4. Increase air exchange inside the home to reduce relative humidity.
5. Remove trash in rear of house and start garbage service Tribal Waste Disposal Dept. contacted for support. Letter generated to ask for assistance from TWD to dispose of garbage.



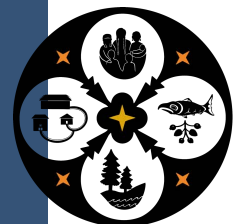


Study enrollment and follow up



67%

of clinician referrals from Yakama Indian Health Service clinic





Key findings

Child patients in this population had mild to moderate asthma.

68% of caregivers felt their child's asthma was "well controlled."

72% had no emergency health care visits for asthma in the previous year.





Pharmacy found 75% of patients had improper inhaler use technique

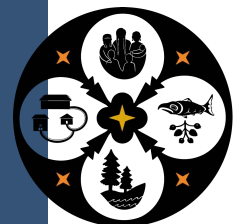


Asthma Inhaler Monitor

Hydrofluoroalkane (HFA) and powder inhalers have technique for proper use. 75% of patients either inhaled too quickly or did not take deep enough breaths or hold the breath long enough.



Peak flow meter





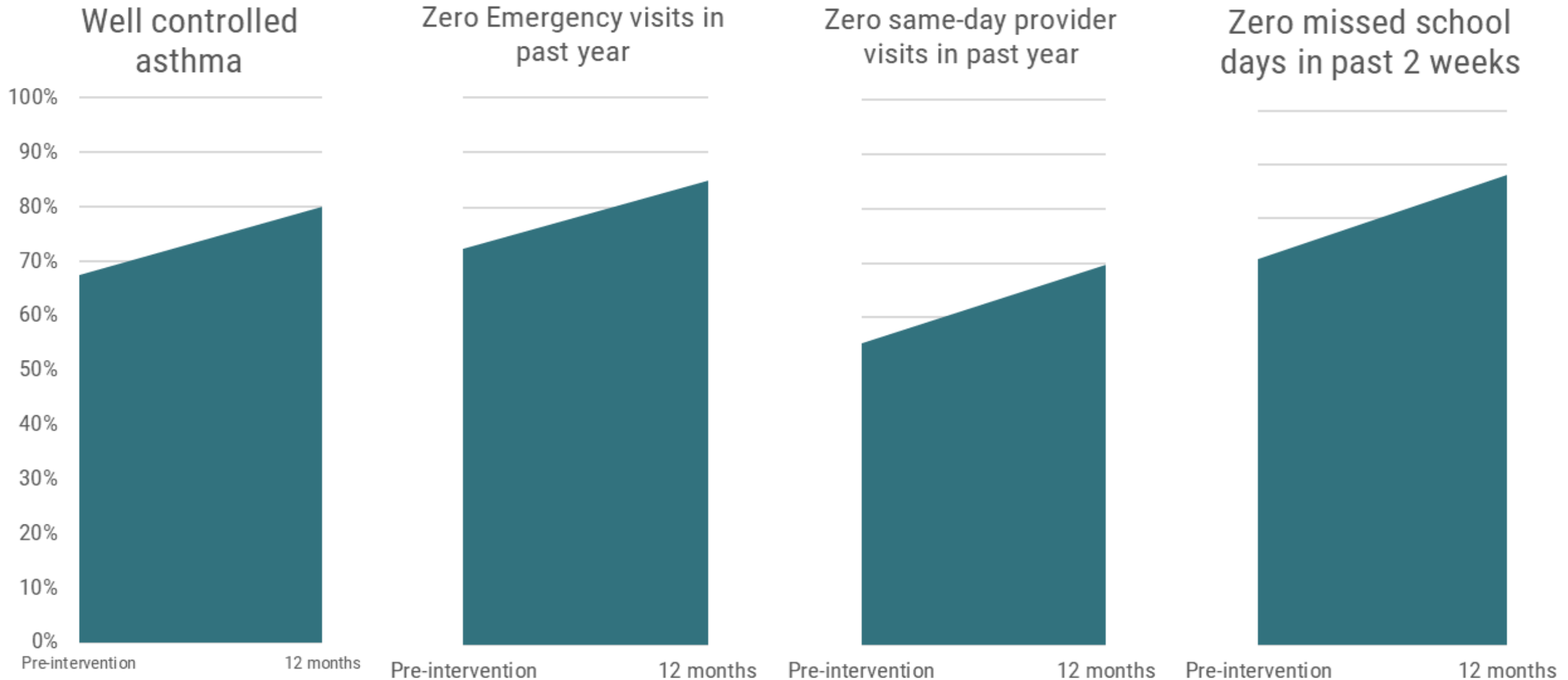
Home visits

78% of households showed at least one lasting environmental or habit modification

- pet free bedroom
- door mats installed
- washing bedding weekly in hot water



Asthma quality of life and urgent health care visits due to asthma improved after one year of participating in the program.





Recommendations for success

- Include all the necessary collaborators (clinic, pharmacy, environmental health, and more)
- Agree on and designate a department to coordinate
- Home assessor needs to be well versed in asthma education and home inspection
- Build trust
- Make incremental changes (address largest triggers first)
- Communicate with the medical providers



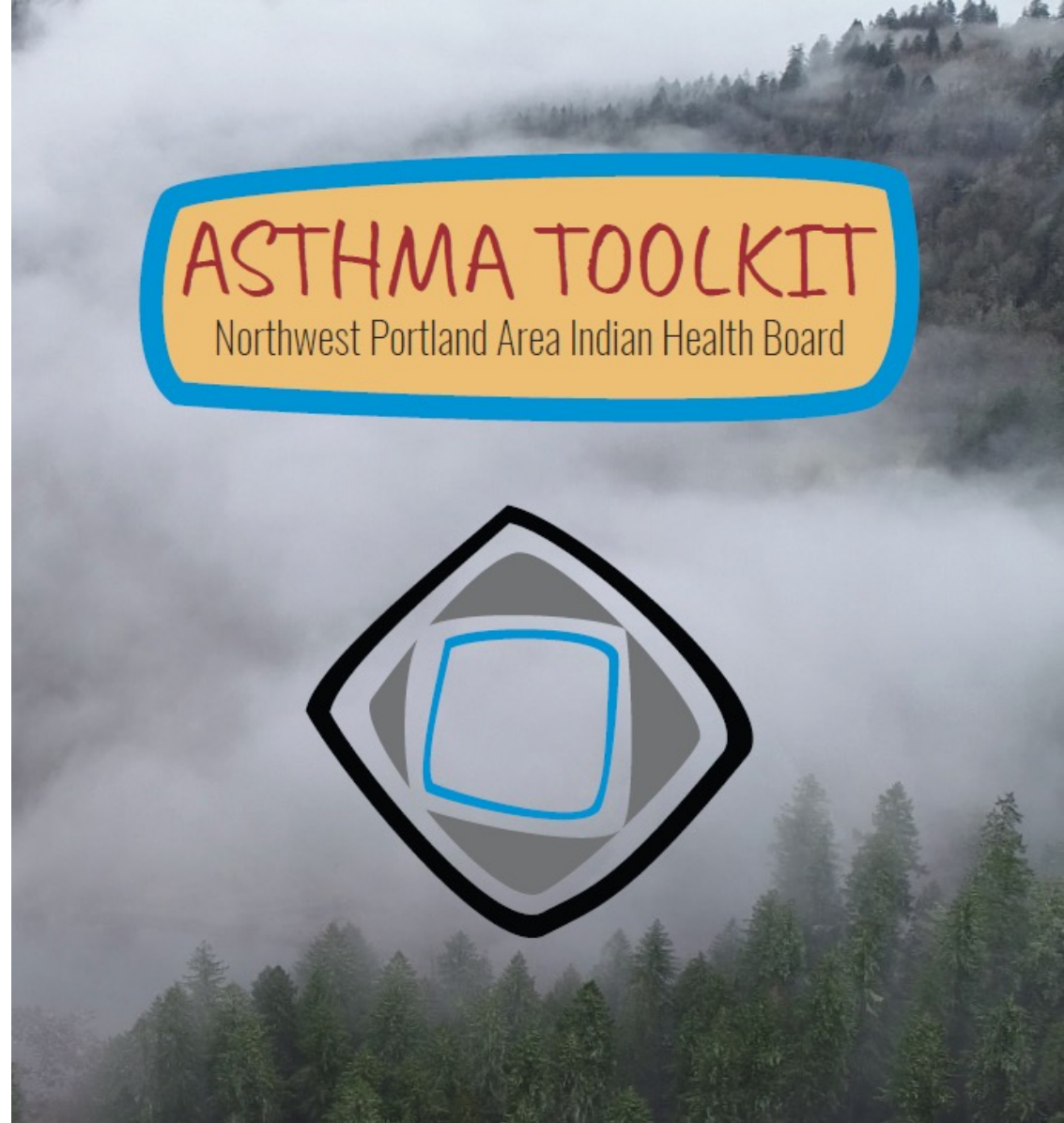


You can't eliminate every asthma trigger, but through environmental management strategies and medication usage, proper asthma control can be achieved and result in living a life how you want.

Asthma Toolkits



<https://iamiic.org/>



<https://iamiic.org/>



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Contact Us

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<https://www.npaihb.org/eph>



IHS and State Partner Updates



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Questions and Comments



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