

NPAIHB Weekly Update

December 10, 2024



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

Information for Today's Call

Agenda

- Welcome & Introduction: Bridget Canniff
- Upcoming Indian Country ECHO Sessions & Weekly Update Sessions
- Events, Resources & Announcements
- Public Health Update – Whooping Cough (Pertussis): Muthoni (Noni) Ehmman, OHA
- THRIVE 988 Videos: Shane Lopez-Johnston
- 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

- **NW Elders, Knowledge Holders and Culture Keepers ECHO** – 2nd Tuesday of every month at 12pm PT
 - Tuesday, December 10th 12pm PT
 - Didactic Topic: *Gardening and Gathering – Practicing Relationality*
 - To learn more and join: <https://www.indiancountryecho.org/program/nw-elders-knowledge-holders-and-culture-keepers/>
- **Trauma Care ECHO** – 2nd Wednesday of every month at 6:30am PT
 - Wednesday, December 11th at 6:30am PT
 - Didactic Topic: *Thromboelastography: How Necessary is it in a Rural Setting?*
 - To learn more and join: <https://www.indiancountryecho.org/program/trauma-care/>
- **Journey to Health ECHO** – 2nd & 4th Thursday of every month at 7am/12pm PT
 - Thursday, December 12th at 7am PT
 - Didactic Topic: *Overcoming Hardship*
 - To learn more and join: <https://www.indiancountryecho.org/program/journey-to-health-echo-program/>

Upcoming Indian Country ECHO telehealth opportunities

- **Clinical Dementia ECHO** – 2nd Thursday of every month at 11am PT
 - Thursday, December 12th at 11am PT
 - Didactic Topic: *Safety in Dementia: Assessing for Driving Safety*
 - To learn more and join: <https://www.indiancountryecho.org/program/dementia-echo-program/>

- **Diabetes ECHO** – 2nd Thursday of every month at 12pm PT
 - Thursday, December 12th at 12pm PT
 - Didactic Topic: *Diagnosis of Diabetes: Review of ADA Standards of Care*
 - To learn more and join: <https://www.indiancountryecho.org/program/diabetes/>

- **emRIC ECHO**
 - Monday, December 16th at 8:30 am PT
 - Didactic Topic: *Pain Management for People with Substance Use*
 - To learn more and join: <https://www.indiancountryecho.org/program/emergency-medicine-echo-program/>

Weekly Update Schedule Preview: December

December 17: NWTEC Data & Surveillance Update

December 24: No NPAIHB Weekly Update – Holiday Closure

December 31: No NPAIHB Weekly Update – Holiday Closure



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

NPAIHB 2025 Community Health Representative (CHR) Courses:

Core CHR Course – online, 8 weeks
Apply by February 28, 2025

Advanced CHR Course – online, 6 weeks
Apply by January 10, 2024

Get paid while you learn and earn a certificate for the CHR Program at no cost – scholarship funding available!

Contact the CHR team to learn more at:
mlouie@npaihb.org



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BECOME A COMMUNITY HEALTH REPRESENTATIVE (CHR)

WHAT IS THE CHR PROGRAM?

The Community Health Representative (CHR) Program is a unique concept for providing health care, health promotion, and disease prevention services. CHRs have demonstrated how they assist and connect with the community, and their work has become essential to the spectrum of Tribal community-oriented primary health care services. CHRs are great advocates, in part because they come from the communities they serve and have tribal cultural competence. Their dedicated work has assisted many to meet their healthcare needs. The health promotion and disease prevention efforts that CHRs provide have also helped people from the community improve and maintain their health. By providing health education and reducing hospital readmissions, CHRs have contributed to lowering mortality rates. The demand for CHRs continues to grow. **CHRs are frontline public health workers who are trusted members of the community with a close understanding of the community, language, and traditions.**

EXAMPLES OF CHR TASKS

- ▶ Provides health screenings and basic medical care
- ▶ Helps patients fill out medical forms
- ▶ Transports patients to and from appointments
- ▶ Advocates for individuals and communities
- ▶ Home checks for elders
- ▶ Coordinates care for community members
- ▶ Provides patient outreach

LEARN MORE

Please don't hesitate to reach out with questions!



Stephannie Christian
TCHP Education Director
schristian@npaihb.org



MorningRose Louie
TCHP Education Data Coordinator
mlouie@npaihb.org

BENEFITS



**Career
Advancement**

Apply your knowledge as a CHR to advance in any discipline in the community health field! CHR topics apply to students of any age and a wide spectrum of health career paths.



**Education
Pathways**

CHR is a great place to advance in the Community Health Program. Recruiting for Community Health Aides, Behavioral Health Aides, and Dental Health Aides often happens through the CHR program.



**Community
Health**

Keep indigenous talent in your community and Tribal Health Organization rather than having it drawn out of the community. A thriving CHR program supports the entire health delivery system.

CORE COURSE



AT A GLANCE

Designed for students who are new to the medical field and are looking for an entry level position.

- Students receive educational supplies as part of student support.
- Northwest students receive priority enrollment.

Course Information:

Start Date: **March 13th, 2025**

Completed over **8 weeks**

37 hours of online coursework

12 hours of interactive live Zoom sessions

8 live Zoom sessions on **Thursdays, 3-4:30pm PT**

Get paid while you learn!
New students are eligible to receive up to **\$2,950** in scholarship funding

COURSE TOPICS

- Boundaries in Health Care
- Cultural Competency
- Communication Skills
- Health Disparities
- Outreach and Advocacy
- Health Literacy
- Interviewing
- Health Insurance
- Tribal Health Systems
- Self-Care
- Health Equity

For more information or questions contact:



MorningRose Louie
TCHP Education Data Coordinator

mlouie@npaihb.org

Now recruiting!
Apply by **February 28th, 2025**

ADVANCED COURSE



Eligible for 40 hours of CEUs

AT A GLANCE

Designed for students who are already CHR's looking to advance their education into becoming a **Community Health Aide (CHA), Behavioral Health Aide (BHA), or Dental Health Aide (DHA).**

- Students receive educational supplies as part of student support.
- Northwest students receive priority enrollment.

Course Information:

Start Date: **January 14th, 2025**

Completed over **6 weeks**

38 hours of online coursework

18 hours of interactive live Zoom sessions

12 live Zoom sessions on **Tuesdays and Thursdays, 3-4:30pm PT**

Get paid while you learn!
New students and returning students from the CHR Core Course are eligible for up to **\$2,200** in scholarship funding

COURSE TOPICS

- Introduction to CHA, BHA, and DHA
- Ethics and Professionalism
- Medical-Legal Informations
- Indigenous Oral Health
- Healing from Historical Trauma
- Health & Wellness
- Vital Signs
- Emergency Preparedness
- Aging and Elder Issues
- Diabetes

Now recruiting!
Apply by **January 10th, 2025**

For more information or questions contact:



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TCHP Education Data Coordinator

mlouie@npaihb.org





OREGON
HEALTH
AUTHORITY

Public Health Updates: Whooping Cough

What is whooping Cough (Pertussis)?



What is whooping Cough (Pertussis)?

- Also referred to as the 6-week disease
- Significant respiratory disease of young infants
- Infection is caused by bacteria (*Bordetella pertussis*)
- Especially younger than 2 years old
- Increasing in adolescents and adults – mothers, children and infants



How does Pertussis bacteria cause disease

Bacteria adheres to respiratory epithelium and multiplies

Incubation 3-12 days

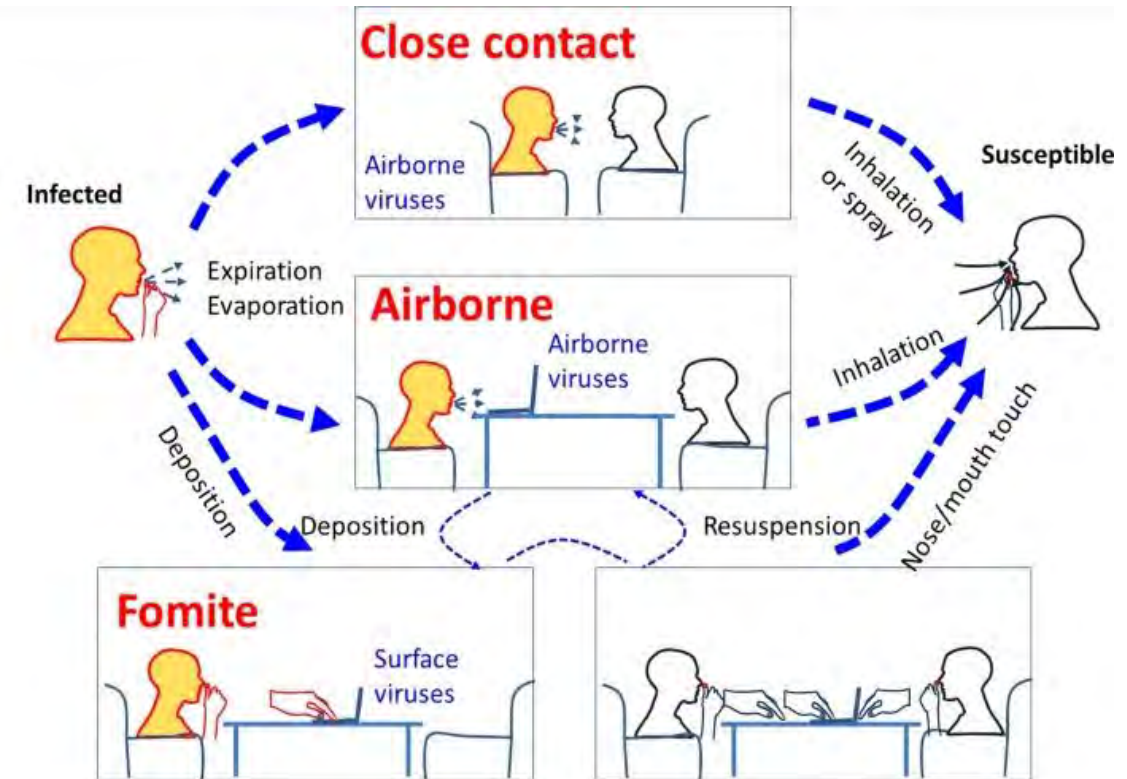
Makes toxins (Pertussis toxin)

Causes inflammation and production of mucous



How whooping cough spreads

- Cough – severe excessive coughing episodes leading to aerosolization of the bacteria in respiratory droplets that hang in the air or landing on surfaces in the environment
- Highly contagious 8 – 9 out of 10 people exposed will get infected
- Cases rise in the late summer into early fall
- However, infections do occur throughout the year



Quiz time

Can I spread whooping cough even if I don't have a bad cough?



- A. Yes, you can spread whooping cough without realizing it and infect others.
- B. No, you need to be severely ill to spread whooping cough to anyone

Quiz time

Can I spread whooping cough even if I don't have a bad cough?



A. Yes, you can spread whooping cough without realizing it and infect others.

B. No, you need to be severely ill to spread whooping cough to anyone

How serious is whooping cough?

- Whooping cough is very serious, especially for babies and young kids.
- The coughing spells can be so bad that it is hard for infants to eat, drink or breathe.
- Whooping cough can cause pneumonia, seizures, brain damage, and death.
- Babies younger than one year of age who get whooping cough may be hospitalized or even die.



Risk Factors

People at greatest risk from whooping cough include:

Infants under one year old.

Pregnant people, especially those in the third trimester.

People who have a chronic respiratory illness (Asthma, COPD)

Unvaccinated

Siblings

Overcrowding

High BMI



Symptoms: Stage 1

Catarrhal:

- Low-grade fever
- Congestion
- Sneezing
- Coryza
- Apnea in infants
- Lasting 1-2 weeks



Symptoms: Stage 2

Paroxysmal:

- Paroxysms of numerous, rapid coughs
- Long inspiratory effort with a high-pitched "whoop" at the end of paroxysmal cough
- Cyanosis
- Exhaustion
- Vomiting
- Conjunctival Hemorrhage



Symptoms: Stage 3

Convalescence:

- Last stage of illness
- Chronic cough for weeks: Paroxysms often recur with subsequent respiratory infections for many months after pertussis onset
- Gradual recovery
- Lasting 1-2 weeks



Complications: Usually in infants less than 3 months of age

Mortality rate is 1-2% in infants less than 3 months of age



Nose
bleeds

Otitis
Media

Hernias

Hypoxia

Pneumonia

Seizures

Coma

Death

Quiz time



Should new dads and siblings get vaccinated?

- A. No need to vaccinate the household – this is a childhood disease only
- B. Vaccinate everyone who is in contact with the new baby
- C. Only the new baby should be vaccinated

Quiz time



Should new dads and siblings get vaccinated?


A. No need to vaccinate the household – this is a childhood disease only

B. Vaccinate everyone who is in contact with the new baby


C. Only the new baby should be vaccinated

Who Should Get Vaccinated?

People of all ages need **WHOOPIING COUGH VACCINES**



DTaP for young children	Tdap for preteens	Tdap for pregnant women	Tdap for adults
<ul style="list-style-type: none">✓ 2, 4, and 6 months✓ 15 through 18 months✓ 4 through 6 years	<ul style="list-style-type: none">✓ 11 through 12 years	<ul style="list-style-type: none">✓ During the 27-36th week of each pregnancy	<ul style="list-style-type: none">✓ Anytime for those who have never received it

www.cdc.gov/whoopingcough 

According to studies, how well do the whooping cough vaccines work?

DTaP

- for children who get all five shots, DTaP protects against illness in:
- Nearly all children (98 in 100) within a year of the last shot.
- About 7 in 10 children five years after getting the last DTaP shot.
 - The other 3 in 10 children are partially protected.
 - This means they are less likely to have serious disease if they do get whooping cough.

Tdap

- Tdap protects against illness in:
- About 7 in 10 people in the first year after getting it.
- About 3 or 4 in 10 people four years after getting it.
- In studies showing how well the whooping cough component works when women get Tdap during pregnancy, the vaccine protects:
 - More than 3 in 4 babies younger than 2 months old from whooping cough.
 - About 9 in 10 babies from being hospitalized from whooping cough

Resources

- **More Information on Whooping Cough -**
<https://www.ihs.gov/forpatients/healthtopics/whoopingcough/>
- **Oregon State-supplied Vaccine Programs (VFC/VAP) -**
<https://www.oregon.gov/oha/ph/preventionwellness/vaccines/immunization/immunizationproviderresources/vfc/pages/index.aspx>

Thank you

Muthoni Ehmman, PA-C

Community Engagement Clinical Lead

Oregon Health Authority - Equity Office

muthoni.k.ehmann@oha.oregon.gov

THRIVE 988 Videos

Shane Lopez-Johnston

Krystie Holder



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NEW 988 Videos!



To GIVE help or GET help:

WE ARE CONNECTED.
We Need You Here.

Dial 988 if you are having a mental health emergency to reach the Suicide & Crisis Lifeline.

Text NATIVE to 741741 to receive free, 24/7 counseling support.

Talk to trusted elders, healers, friends, family, clergy or health professionals.

Visit  **WERNATIVE.ORG**

THRIVE


www.npaihb.org

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- 2 new THRIVE 988 Suicide Prevention Project videos
- Created to help connect Tribal callers to call centers on a more personal level
- Contain information and content about the first Tribal Crisis Lifeline taking 988 calls, the Volunteers of America Western Washington Native & Strong Lifeline in Washington State
- More info and video links at:
<https://www.npaihb.org/thrive/>
<https://www.youtube.com/@weRnative>
- Contact: Shane Lopez-Johnston (Tolowa Dee-ni' Nation) at slopez-johnston@npaihb.org



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Getting to Know 988 Crisis Line Counselors at VOA:
Relatives Helping Relatives



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988: Come Tour a Call Center with us

<https://www.youtube.com/watch?v=fmXKjWU-Voo&t=2s>



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988:VOA Native & Strong Employee Spotlight
<https://www.youtube.com/watch?v=Iz5ipTV-BIg&t=29s>



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Comments & Questions



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