

ArPHA abstracts

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2019 Annual Meeting & Expo

North Little Rock AR | April 29- May 1

The Arkansas Public Health Association (APHA) is now accepting abstracts for the 71st Annual Meeting. The theme for the meeting is "Public Health: Creating Healthier Lives and Stronger Communities." Authors are encouraged to submit abstracts on the theme, as well as, on current and emerging public health issues.

Primary Author: The primary author will serve as the point of contact between APHA and the presenters.

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If you are a student, please select one:	<input type="radio"/> Undergraduate <input type="radio"/> Graduate (Masters type) <input type="radio"/> Graduate (Doctoral type) <input type="radio"/> Other
Please upload your resume or CV	[document]

Additional presenters: Please upload a resume or CV for any additional presenters.

Do you have additional presenters?	<input type="radio"/> Yes <input checked="" type="radio"/> No
Name(s) of Additional Presenters	_____
Title of Presentation	A Lesson in School-based Care - Engaging Students through Hands-on and Remote Medicine
Abstract	[document]
Primary Presentation Type	<input checked="" type="radio"/> Oral <input type="radio"/> Poster

Secondary presentation Type

- ☒ Oral
☐ Poster

Would you be willing to serve on a panel?

- ☒ Yes
☐ No

In which category does your abstract best fit?

- ☐ Theme: Creating Healthier Lives and Stronger Communities
☐ Public Health Policy
☐ Advocacy
☐ Health/Wealth Equity
☐ Health Disparity
☐ Environmental Health
☐ Public Health Nursing
☐ Chronic Disease
☐ Communicable Disease
☐ Immunizations
☐ Health Literacy
☒ Health Education and Health Promotion
☒ Nutrition
☐ Health Administration
☐ Public Health Preparedness
☐ Other (describe below)

Presentation Description

- ☐ Research
☒ Program/Best Practice

Description of the organization (or community):
 Describe the organization or community in which your program is based.

STAR serves students in four rural school districts in Arkansas through their school-based health centers.

Summary of the primary program: Describe the core elements of the program you offered.

School Telemedicine in Arkansas (STAR) is the first ever effort to bring telemedicine care to Arkansas's rural School Based Health Centers (SBHC) by providing real-time on-the-spot care. The STAR program began September 1, 2016 and is a four year grant funded through HRSA (Health Resource Service Administration) and is a partnership between the UAMS Center for Distance Health and the Arkansas Department of Education. The SBHCs included in the grant are Jasper, Magazine, Malvern and Lamar. The STAR grant includes three programs: HealthyNOW!, Behavioral Health, and Oral Health.

Explanation of the evaluation plan: What outcomes or processes have you (and will you) evaluate and how have you (will you) evaluate them.

We are currently in our third year of the grant with the first year being the development year, and rollout in the second year. Data was collected pre and post school year for HealthyNOW and monthly data collection for all other programs. Interviews and focus groups with students were performed at the end of the school year and changes to the program have been implemented.

Summary of the program impact: Explain in quantitative form the results the program has demonstrated to date.

Outcomes for 2017-2018 school year:
183 BH visits (3 out of 4 sbhcs)
100% of students enrolled in Healthy Now(Magazine)
On average, 31% participated in the weekly challenges
collected pre (September) and post (May)

39% had a BMI of 85% or greater
51% with a BMI of 85% or greater reduced their BMI
66% of the students with a BMI of 85% or greater enrolled in Tier 2 reduced their BMI

Learning Objectives: You MUST follow the format shown in the example below. NO COMPOUND OBJECTIVES.

Step 1. Describe the information, skills, behaviors, or perspectives participants in the session will acquire through attendance and participation.

Step 2. Clearly identify the outcomes or actions participants can expect to demonstrate as a result of the educational experiences. See the action words below.

Step 3. Write the learning objectives that relate to these outcomes and that reflect the content of the session.

Objectives describe the behavior of the learner, and:

- ☐ are stated clearly
- ☐ define or describe an action
- ☐ are measurable, in terms of time, space, amount, and/or frequency

Measurable Action Words (examples): Explain, Demonstrate, Analyze, Formulate, Discuss, Compare, Differentiate, etc.

Examples of Learning Objective

By the end of the session, attendees will:

- 1. List five factors that contribute to hypertension.**
- 2. Design a community-based breast screening model.**

***Each abstract must have 3 learning objectives.**

Learning Objective I:

The participant will learn how to bring together communities of parents, students, teachers, and healthcare providers to deliver telemedicine-enabled wellness services in schools.

Learning Objective II:	The participant will identify how telemedicine could be used to improve healthcare access and outcomes in rural schools.
Learning Objective III:	The participant will share lessons learned from the programs interactions with schools, families, students, regional providers, and insurance carriers.

Travel Reimbursement: APHA welcomes abstracts from our public health partners near and far. If you are traveling more than 120 miles to the conference site, travel reimbursement may be available.

Will you require travel reimbursement?

☐ Yes
☒ No

Thank you for your submission. The call for abstracts closes on 01/18/19. Authors will be notified on 02/15/19. For any questions, email president-elect@arkpublichealth.org

Registration and Membership: You do NOT have to be an APHA member to submit an abstract. However, if your abstract is accepted for presentation, the presenting author MUST register for the Annual Meeting by the pre-registration deadline.

Additional Information may be required from you to complete the continuing education process. If your abstract is accepted, you may be required to submit additional forms such as conflict of interest forms. You will be contacted by email to complete these forms.

Author Disclaimer: Opinions expressed by a speaker represent only the opinions of the speaker and do not necessarily reflect the official policy or position of the Arkansas Public Health Association.

Penalties: Presenters who fail to show up for their scheduled presentations without notifying the program planner of cancellations will not be permitted to present papers or posters at an APHA sponsored meeting for two years following the "no-show."

Session Types:

- Oral presentation: A 50 minute spoken presentation, including questions and answers for a total of 60 minutes
- Panel Discussion: Total of 1 hour comprised of 15-20 minute coordinated presentations by up to 3 people, including questions and answers
- Training Session: up to a 3 hour training session on a current best practice intervention or data training course
- Poster: Authors present their papers using a visual medium with key excerpts from the papers displayed on a 4' high x 8' wide/1.2 m high x 2.4 m wide free-standing bulletin board.

Hotel Reservation link:

<https://www.wyndhamhotels.com/groups/hr/apha-71st-annual-meeting-and-exhibitions1>

<http://tiny.cc/APHAHotel2019>

Hotel Room block - held until April 8, 2019

Title: A Lesson in School-based Care – Engaging Students through Hands-on and Remote Medicine

Description:

The idea seems simple: Students go to school, and to reach those students, we must go to school as well. That is just what one forward-thinking pediatric program is doing at four rural school-based health centers in Arkansas. Focusing on behavioral health, oral health, and obesity prevention to rural students, STAR (School Telemedicine in Arkansas) has brought these specialty wellness services directly to schools through real-time, interactive telemedicine. Moreover, STAR empowers community providers serving these schools to participate to deliver these services, avoiding any duplication of services by distant medical facilities. As funded by a Health Resources and Services Administration Office for the Advance of Telehealth grant, STAR aligns the efforts of the Arkansas Department of Education, the UAMS Center for Distance Health, the University of Central Arkansas, and schools in Jasper, Malvern, Magazine, and Lamar. STAR embraces a number of traditional and technological modalities to improve the health of rural students, including real-time, two-way video; social networking; at-school health fairs; distance health learning, and an actively being built mobile application. Through STAR's behavioral health program, students receive at-school access to clinical consults and medication management by connecting students to behavioral health specialists in their respective regions using secure, real-time video interaction. The oral health program also uses secure, real-time video interaction between students and regional dentists to maximize the number of students treated for dental decay and sealants. STAR's obesity reduction/prevention program, HealthyNOW, provides individualized consultation for students suffering from pediatric obesity, as well as offering obesity prevention programming using social networking to all students. HealthyNOW hosts wellness fairs and incentivizes students to enroll for services, so they are afforded the opportunity to participate in weekly physical activity and monthly nutritional challenges. Moreover, interactive educational modules designed to fit inside state school frameworks for obesity, behavioral health, and eventually oral health are available free online and accessible to anyone anywhere, regardless of participation in STAR. Parents and family members are also engaged using secure, real-time video during any of their child's consultations. STAR is helping reduce student absenteeism by bringing specialty wellness services into the schools, and saving families the travel time, money, and hassle of going to traditional doctor's visits. In just one year, STAR has saved an estimated 20,424 travel miles for students receiving medical services, education, and motivation through telemedicine. STAR has learned valuable lessons in receiving Medicaid reimbursement for psychiatric telemedicine, achieving parental involvement and support, motivating students through new technologies, and increasing access to a healthy lifestyle in rural communities. Using the STAR model and these lessons, STAR could be easily replicated at other schools in Arkansas and abroad.

Objectives and Content:

The participant will learn innovative ways to address unmet health needs in schools and community

The participant will learn how to bring together communities of parents, students, teachers, and healthcare providers to deliver telemedicine-enabled wellness services in schools.

The participant will identify how telemedicine could be used to improve healthcare access and outcomes in rural schools.

The participant will share in the lessons learned gained from the programs interactions with schools, families, students, regional providers, and insurance carriers.

KRISTINA (TINA) PILGREEN

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EXPERIENCED PROGRAM DEVELOPMENT PROFESSIONAL

15 + years in Health, Higher Education, and Non-Profit sectors

- Project Management
 - Stakeholder Engagement
 - Strategic Planning
 - Needs Analysis
 - Public Speaking
 - Grant Writing
 - Networking
 - Regulatory Compliance
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PROFESSIONAL EXPERIENCE

Center for Distance Health/ANGELS
University of Arkansas for Medical Sciences
Little Rock, AR

2015 - present

- ***Instructional Development Specialist II (2017-present)***

Promoted to manage a telemedicine federal grant secured as a co-author

- Analyze needs for rapid deployment of health education programs for the STAR (School Telemedicine in Arkansas) grant
- Supervise and manage a team of eight grant partners in coordinated efforts to meet grant deliverables
- Promote stakeholder engagement with agency leaders and state decision makers on medical policies for school based telemedicine services
- Remove barriers to create pathways and increase access to clinical services through telemedicine to rural school based health centers
- Create and present innovative distance health educational products
- Engage community partners to execute education events
- Analyze performance data and disseminate associated status reports

- ***Research Writer (2015-2017)***

- Researched and tracked internal and external funding prospects
- Authored and prepared grant proposals and ancillary documents according to agency policies
- Edited scholarly publications for physicians and healthcare professionals
- Authored and edited white papers, newsletters, nominations, annual reports and other official communiqué

American Childhood Cancer Organization of Arkansas
Little Rock, AR

2012-2013

- ***Executive Director***

- Led all aspects of fundraising including major gifts, annual funds, campaign initiatives, and volunteer recruitment
- Greatest impact as director: Raised over \$60K at *Gallery of Hope 2012*
- Managed marketing, public relations, and event planning

- Supervised volunteers and board members and cultivated relationships with the national organization, and state and local stakeholders
- Authored grant proposals, press releases, and articles
- Invited by organizations throughout the state to speak on childhood cancer awareness

**University of Central Arkansas
Conway, AR**

1999-2012

- **Research Compliance Coordinator (2008-2012)**
 - Supervised three employees trained in a variety of administrative tasks and managed two regulatory boards
 - Analyzed, classified, and tracked ethical protocols according to federal law and within institutional time limits for both humans and animals in research
 - Audited research environment and personnel for compliance with institutional and federal policies
 - Updated federal, state, and institutional policies on the ethical conduct of research
 - Facilitated and documented meetings with university regulatory committees
- **Consultant (2006-2007)**
 - Analyzed external funding performance and prepared reports for the College of Health and Behavioral Sciences
 - Developed and tracked prospects for emerging grant opportunities
 - Assisted Dean in developing strategies to increase external funding
- **Instructor/Internship Coordinator (1999-2005)**
 - Created and led internship experience for exercise science majors
 - Taught various courses in the Department of Exercise and Sport Science
 - Analyzed trends and developed curriculum for the department
 - Cultivated relationships with health care agencies to expand the number of clinical internship sites

EDUCATION

- **Master of Sport Science**, 1996 • United States Sports Academy, Daphne, AL
- **Bachelor of Science**, 1993 • Mississippi State University, Starkville, MS

AUTHORSHIP/PRESENTATIONS

- ADE School-based Health Center Fall Training, *STAR (School Telemedicine in Arkansas) Update*, Conway, Arkansas, October 26, 2018.
- South Central Telehealth Resource Center Quarterly Thought Conference, *STAR (School Telemedicine in Arkansas)*, Little Rock, Arkansas, July 25, 2018.
- Arkansas Department of Health Wellness Workshop, *STAR (School Telemedicine in Arkansas)*, Plumerville, Arkansas, July 5, 2018.
- Arkansas Department of Health Wellness Workshop, *STAR (School Telemedicine in*

Arkansas), Harrison, Arkansas, July 11, 2018.

- National School Based Health Care Convention, *Be a STAR: Enhance Student Wellness in your School through Telemedicine*, Indianapolis, Indiana, June 26, 2018.
- Arkansas School Based Health Care Training, Rogers, *STAR (School Telemedicine in Arkansas)*, Rogers, Arkansas, November 8, 2017.
- University of Arkansas for Medical Sciences Teaching with Technology Symposium, *Using Telemedicine in Schools to Enhance Student Wellness*, Little Rock, Arkansas, July 20, 2017.
- Department of Homeland Security Grant, *Approach to Link Emergency Response through Telemedicine (ALERT)*, submitted 2016 (Co-Author)
- Christopher and Dana Reeve Foundation Quality of Life Grant, *Lives Improved from Telemedicine (LIFT)*, submitted 2016 (Co-Author)
- Health Resources and Services Administration Grant, *School Telemedicine in Arkansas (STAR)*, awarded 2016 (Co-Author)
- **Pilgreen, T.** (Winter 2016). The Angels Report. *Curtis Lowery Honored with Award.*
- **Pilgreen, T.** (Spring 2015). The Angels Report. Excellence Award.
- **Pilgreen, T.** (Summer 2015). The Angels Report. *ANGELS Receive Awards.*