
Along the Trail

Katy Trail Community Health

May/June 2019

Volume 4 Issue 3

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Upcoming Events:

Staff Development July
30, 2019 at Celebration
Center (1st United
Methodist Church)
1701 W 32nd St,
Sedalia 8:00 AM—Noon

From the desk of Chris Stewart, CEO

.What Kind of Leader are You? Part I

At some point in your career, you may take on a leadership role in some capacity. Whether you're leading a meeting, a project, a team or an entire department, you might consider identifying with or adopting a defined leadership style. Most professionals develop their own style of leadership based on factors like experience and personality, as well as the unique needs of their company and its organizational culture.

There are many different leadership styles . According to the Indeed Career Guide the ten most common leadership styles are Coach, Visionary, Servant, Autocratic, Laissez-faire (hands-off), Democratic, Pacesetter, Transformational, Transactional and Bureaucratic. By taking the time to familiarize yourself with each of these types of leadership, you might recognize certain areas to improve upon or expand your own leadership style. You can also identify other ways to lead that might better serve your current goals and understand how to work with managers who follow a different style than your own.

During the second half of 2019, we are going to take a look at these identified styles. In this issue we are going to focus on Coach and Visionary.

Coach

A coaching leader is someone who can quickly recognize their team members' strengths, weaknesses and motivations to help each individual improve. They're skilled in setting clear expectations and creating a positive, motivating environment. The coach leadership style is one of the most advantageous for employers as well as the employees they manage. Unfortunately, it's often also one of the most underutilized styles—largely because it can be more time-intensive than other types of leadership.

Visionary

Visionary leaders have a powerful ability to drive progress and usher in periods of change by inspiring employees and earning trust for new ideas. A visionary leader is also able to establish a strong organizational bond. They strive to foster confidence among direct reports and colleagues alike. This type of leadership is especially helpful for small, fast-growing organizations, or larger organizations experiencing transformations or corporate restructuring.

Do you recognize yourself in either one of these styles? In your manager? In your executive staff? We will cover Servant, Autocratic and Laissez-faire in the Jul-Aug edition.

“Before you are a **leader**, success is all about growing yourself.”

Trailhead Stops...

Sedalia

The Mammo Van is coming to Sedalia!

With a private mammography suite and changing room, the van is designed with patient needs in mind. Appointments generally take 30 minutes from check-in to completion, and completed scans are sent to Ellis Fischel Cancer Center, where they are read by a certified breast imaging radiologist. If follow-up care is needed, the mammo van team contacts the patient to ensure she gets the appropriate care.

The mammo Van is scheduled in Sedalia on June 21, 2019 from 8:00 AM—3:00 PM. Qualifying patients can schedule their appointment with Care Coordination by calling 1-660-826-4774 ext:829.



—Samantha Schubach,
Outreach & Enrollment Coordinator

You may hear the term “school based services” in the clinic and wonder what that is. Rural communities are increasing access to services for students through programs that link school systems with local healthcare and social service programs. Services integration in rural school settings can help high-risk children and their families overcome barriers to care, such as transportation. This model is particularly powerful for integrating services for high-risk children because it considers the needs of the whole child so that they may learn and achieve their full potential. (from <https://www.ruralhealthinfo.org/toolkits/services-integration/2/school-based>)

We can deliver care through school based services is by providing immunizations, health screenings, health education, behavioral health and oral health services. During this school year, we have been providing behavioral health services to Marshall and Versailles schools. We are looking to expand those services during the 2019—2020 school year to Stover and Warsaw. During the 2018—2019 school year we have provided the following services:

- Sedalia #200: Immunizations provided to 71 students
- Sedalia #200: Sports physicals provided to 12 students
- Sedalia #200: Well-Child checks were provided to 22 incoming kindergarteners
- Sedalia #200: 3rd grade sealants were conducted. 104 students screened with 234 sealants placed
- Sedalia #200: PSP (Preventive Services Program) varnishes
- Head start and Early Head Start children are screened and have PSP varnish done.
- Otterville School District: Sports physicals provided to 23 students



Pictured from Sedalia #200 Well-Child Checks:
(Left to Right) Megan Yonker, Jenie Bruce, Dr. Turner and Dr. Kashani

Trailhead Stops...

Oral Health

Oral Health Literacy

According to a recent report issued by the US Department of Health and Human Services, fewer individuals are receiving regular oral health care than they did 10 years ago!

As Oral Health should be a top concern, if oral disease is left untreated it can result in pain, disfigurement, nutrition problems, expensive emergency, and preventable dental conditions and even death.

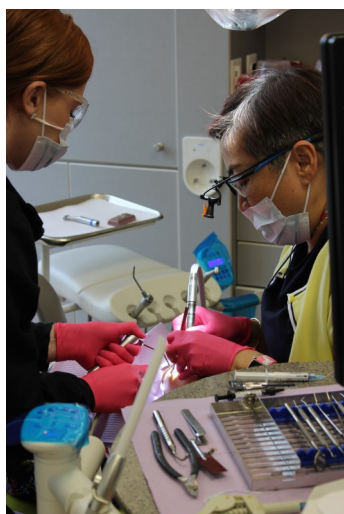
How can we help?

First, we must remember Oral Health Literacy is a shared responsibility across all sectors. It is vital we communicate the importance of oral health and regular oral health screenings.

What steps can we take?

- Spend time talking with your patients about the importance of taking care of their teeth, including how to floss and brush correctly, as well as the importance of regular checkups.
- Emphasize the connection between good oral health and good overall health.
- Emphasize that oral health care should start young, even before birth. Talk to pregnant women about the importance of periodontal care for a healthy pregnancy, and the importance of bringing their baby into the dental office for visits before the age of 1, in order for their son or daughter to have the best chance of having a lifetime of healthy teeth. “As a pediatric dentist, I’d like to [emphasize] the importance of the age 1 dental visit,” Napier said. “Prevention starts before childbirth.”
- Talk about fluoridation and dissuade any unfounded fears that patients may have about fluoride. Community water fluoride- has done more to prevent caries than any public health effort, and the only side effect is the possibility of some staining known as fluorosis.
- Take the time to find out about your patient’s primary care physician, a pregnant woman’s obstetrician or a child’s pediatrician, and with the patient’s permission, make the effort to work with the physicians to make sure regular oral health checkups stay on the forefront of the patient’s mind.

—Samantha Schubach, Outreach & Enrollment Coordinator



The oral health providers are working together to decide what areas of quality and evidence based dentistry we want to prioritize for focus and improvement on in the upcoming months. We are in the initial stages of selecting the areas and will develop a timeline and work flow process from there. We believe this will improve care by providing quality standardization among providers as well as helping to create individualized oral health care plans for our patients. Updates will follow.

—Dr. Vandevender, Chief Dental Officer

Warsaw Oral Health team pictured: Erika Jones and Dr. Holem

Trailhead Stops...

Warsaw

On April 6th, Warsaw conducted a round table on the Opioid crisis. This event was attended by the local fire, ambulance and sheriff, drug task force, Compass Health, Benton County Health Department, Mayor Eddie Simons and Senator Roy Blunt.



Ellis Fischel Mammogram van saw 17 patients on April 12th. The van is scheduled to return to Warsaw on June 27th.

A big **SHOUT OUT** to Kelsey Krum, PSR, for the additional support she gave to the team during Jean Moore's leave of absence. Kelsey kept a spreadsheet of all the patients that would need to be rescheduled. The list resulted in being three pages long! She took the task and conquered rescheduling those patients within two days of Jean returning! Great job Kelsey for Putting People First!



—Kari Culley, Warsaw Site Manager

Versailles

The Ellis Fischel mammogram van was scheduled on May 13th with 22 patients. The mammogram bus will return to Versailles on June 6th with another full schedule of 22 patients! The van provides women in rural areas access to the same mammography screening services available at Ellis Fischel Cancer Center, including 3-D mammography. Completed scans are sent to Ellis Fischel Cancer Center, where they are read by a certified breast imaging radiologist.



Michael Machnicki, BHC, participated in the Morgan County Mental Health Awareness Day on May 16th. This event was a partnership between Capital Region Medical Center, Burrell Behavioral Health,

Morgan County Health Department, University of Missouri Extension and ourselves. The goal of Mental Health Awareness Days is to raise awareness and educate the public about mental health while striving to remove the stigma that surrounds mental illness. Mental health professionals will provide free, confidential screenings for:

- Depression
- Anxiety
- Suicide
- Alcohol Abuse
- Drug Abuse

The Versailles team is so CLOSE to meeting ALL measures for the 2019 Clinical Quality Award. Results will be reported in June. As of May 1, a few measure that they are pushing hard to meet and/or maintain are:

- Colorectal Cancer Screening – We are not meeting this measure, although we are fairly close.
- Cervical Cancer Screening – Meeting this measure by 0.5%.
- Diabetes A1c > or Untested - Meeting this measure by 0.1%.

—Tory Kroeschen, Versailles Site Manager

Along the Trail...



Another reason to celebrate why we LOVE Missouri...so many young and talented professionals throughout Missouri. Missouri Magazine is recognizing and honoring young professionals and community leaders in Missouri. 40 under forty winners and runner ups were voted by our readers. "This is our first year for our Missouri Magazine's 40 under forty. We look forward to continued growth in our 40 under forty group. It's an honor to recognize so many talented young professionals in the state of Missouri", said Owner/Publisher Cheri Cranford.



Congratulation to our own Megan Rowland, FNP for being named one of the 40 Under 40 winners.

Megan is a graduate from Stover, MO. After obtaining her nurse practitioner license she returned to the area to work in Pettis and Morgan counties. She joined the staff of Katy Trail Community Health in 2013. During her time at Katy Trail Community Health, she has continued to grow as a provider and leader in her community.

Megan was instrumental in taking on patients and piloting services in Ivy Bend. Megan and her team have been in Ivy Bend the first and third Tuesday of every month since March from 10—2. During this period they have been able to see 41 patients. 11 of those patients were new patients! Feedback from the community indicate they love the ease of being able to make it to the provider as transportation is an issue for residents of this small town.

Please take a moment to congratulate Megan on her accomplishment of becoming one of the 40 Under 40!

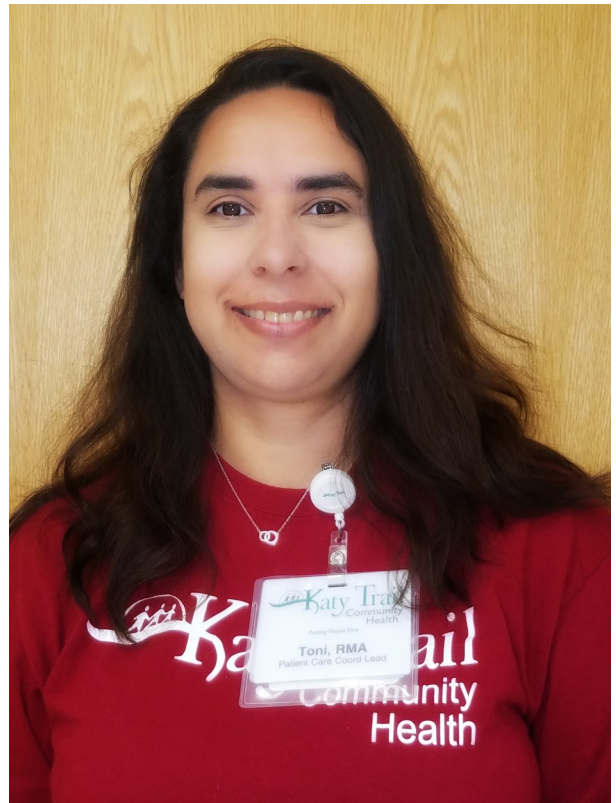
—Chris Stewart, CEO

Trailhead Stops...

Toni continues to be an individual who strives to deliver the mission every day. She strives to empower herself, co-workers and patients. During this past year we have witnessed extreme growth in her as a nurse, care coordinator and now lead of the care coordination team. Toni has been a leader within Katy Trail Community Health for a number of years and this year was no different. She has vision and a communication platform that encourages others and aligns with our Katy Trail mission. Toni has worked on a number of PDSA's to improve referral process for Providers and outside agencies that we work with. Her work directly impacts patient care and allows a smoother process in meeting a patient's needs. Toni has trained and been a mentor for a number of nurses and care coordinators. To say Toni knows the ins and outs of Katy Trail Community Health would be an understatement.

Toni also continues to pursue her educational goals such as obtaining her Bachelor's Degree in Business in which she will graduate in fall of 2019. However Toni does not stop there, Toni's vision is much larger when it comes to assisting and bettering our communities. Toni is an active member in the Morgan County Kids Coalition which assists children with getting school supplies and other resources for a child to succeed in their education. Toni's goals and passions are infectious and we cannot wait to see what else she has to offer in the up-coming years at Katy Trail Community Health.

2018 Employee of the Year



Toni O'Rourke
Lead Patient Care Coordinator

One-Year Perfect Attendance



CONGRATULATIONS

to Lyudmyla Tsapok, Dental Sterilization Technician, for achieving One-year Perfect Attendance!

We recognize this is not an easy feat to accomplish and thank you for your dedication to Katy Trail Community Health! Your dedication provides unwavering support for your team in

Putting People First!

Pictured from Left to Right: Mendy Hohenfeldt, Dental Clinic Manager and Lyudmyla Tsapok

Trailhead Stops...

Patient Testimonials

We had a patient drop off a letter to KTCH care coordinator and wanted her to read it. Once the letter was opened it was determined that it was a letter with intent to self-harm. While working with the Provider to take the proper steps to help the patient, the care coordinator called the patient and reached out to her to make sure that she was okay. The patient did become upset with care coordinator because she did not want any help anymore and wanted to be left alone and hung up the phone. The police had already been called to go and do a check up to make sure that she was okay. The police did go and check on the patient and determined that she was okay then came by KTCH and said they could do nothing because she was not actively doing any harm to herself while they were there. In the meantime Burrell was contacted to see if they could be of any more help because an appointment was not available until the middle of June. The representative from Burrell was very helpful and offered an appointment for the patient the next day. KTCH care coordinator reached out to the patient again to let her know that an appointment for the next day with Burrell was scheduled. The patient was asked to come back to KTCH after that appointment to discuss possible medication changes. The patient was very happy with this and apologized for getting upset with KTCH care coordinator. The next day the patient did go to Burrell and then did come to the clinic. The patient received the help she needed both with Burrell and KTCH.

Sometimes people just need to catch a break. Such was the case for a patient that walked into an emergency dental appointment one afternoon. This sharply witty, energetic, vivacious, anxiety ridden person was diagnosed with cancer in the neck and had recently endured extensive, painful surgery that was, to say the least, unexpected. The large surgical site was still oozing blood, painful and made it very difficult for the patient to lie down. Oncologists had given the patient two weeks for all dental disease to be eradicated and to be fitted for a radiation mask to complete treatment that may, or may not, have given this patient a chance to defeat cancer.

Although young, the patient had not had access to dental care for many years, had a big fear of dentists, was a heavy smoker and had not made taking care of their health a priority. Until they had to.

When the patient came in for emergency, a panic attack sent blood pressure sky rocketing. Upon exam, almost every single tooth had extensive decay and needed restoration. We worked with the oncologist and primary care physician, found the right combination of music and quiet, the perfect time of day, the ideal blanket and a host of other small details that made the patient as comfortable as possible to reduce anxiety. After many late nights, early mornings and weekends, a massive treatment plan was completed. Dental assistants made a certificate of achievement and "Pomp and Circumstance" played as the patient was presented with a letter for the oncologist to clear them for radiation treatment. Without Katy Trail, this patient would not have been able to complete life-saving treatment.

OUR MISSION

**Quality Care
+ Meaningful Partnerships
= Healthy Communities**