

MAY 2017

PULSE

A look at what keeps ISDH ticking

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FUN FACT

It would take a person who walks
a mile in 15 minutes more than 5 days
to complete the
Indianapolis 500 on foot.



Indiana State
Department of Health

Mission:

*To promote and provide
essential public health services*

NEW LAWS PROTECT HOOSIERS' HEALTH

Spring is always a time of change, and that period of transition extends to our work at ISDH as we shift from the legislative session to implementation of laws that affect our agency.

One health issue that saw a lot of attention this session was the opioid epidemic. Under House Bill 1438, which became law upon Governor Holcomb's signature, local communities may now start syringe exchange programs without first seeking a public health emergency declaration from my office. I truly believe this law is a reflection of the hard work done here in Indiana over the past two years to not only halt a fast-moving outbreak of HIV, but to build a system that can be modeled in other counties and even other states.



Dr. Adams

I'm also excited by the passage of SB 226, which limits the amount of opioids a person can receive in a first-time prescription. As you all know, I'll tell anyone who will listen – and even some who won't – about the perils of what's in your medicine cabinet. Our state and country are in the midst of an opioid epidemic, and many people who are battling addiction today started with a legitimately prescribed painkiller. Reining in decades of over-prescribing and educating doctors and patients about alternative means to manage pain are two of the best weapons we have against this epidemic.

Other good news for our efforts to protect Hoosiers' health include an increase in funding for our Tobacco Prevention and Cessation Commission, from \$5 million to \$7.5 million, and the addition of \$5 million per year to expand the Nurse Family Partnership, a key component of our efforts to reduce infant mortality. Another law added meningitis to the required immunizations for students on Indiana college campuses, which will help this population.

As with any legislative session, our work isn't done. While some laws, such as the syringe exchange legislation, have taken effect immediately, others will require work on our part to prepare for implementation. I thank everyone in advance for their sustained commitment to this effort.

LEADERSHIP UPDATES & NEW HIRES

Matt Foster has moved from the Office of Legal Affairs to Long Term Care, where he now serves as the division's director. Matt has worked at ISDH since July 2011, serving as our litigation chief, handling facility closure, certification and licensure matters for long-term care facilities and per-

sonnel. He has a long history with disability, Medicaid and other civil legal matters, and we're fortunate to have him in this new role.

Please also welcome new



Matt Foster

April hires Matthew Halas, clerical assistant; Lindsey Lazo, hepatitis C epidemiologist; Sarah Barton and Lynn Clough, public health nurse surveyors; Diana Taylor, public health investigator; and Kimberly Gines and Kenna Allen, Long Term Care public surveyors.

THE JOURNEY TO ACCREDITATION



By Eden Bezy

As you may know, ISDH is going through the accreditation process, a voluntary effort through which state, local, and tribal health departments' performance is measured against a set of nationally recognized evidenced-based performance measures. Ultimately, the process seeks to advance quality and performance within public health departments.

According to the Public Health Advisory Board, after a year of being accredited, 95 percent of health departments

said: "accreditation stimulated quality and performance improvement opportunities allowed the health department to better identify strengths and weaknesses, improved management processes, and stimulated greater accountability and transparency within the health department."

Our Office of Public Health Performance Management (OPHPM) has been busy behind the scenes preparing the agency to apply for accreditation, working to ensure we meet and have multiple exam-

ples for 32 standards, with more than 100 measures, in 12 domains covering topics from all 10 essential public health services. Currently, OPHPM is convening a large group of stakeholders to author the State Health Assessment, a major component of meeting accreditation standards. Please check back monthly for updates on our accreditation process!

Would you like to be involved? Contact Eden Bezy, ebezy@isdh.in.gov. To learn more, visit PHAB.org.

FINANCE REORGANIZATION MAXIMIZES SPECIALIZATION



The ISDH Division of Finance is undergoing a reorganization to allow specialization of functions, including accounting, Federal grants and sub-recipient management.

These changes took effect May 8 and will enable the division to maximize its re-

sources, specifically its subject matter experts. Accounting Supervisor Kami Woods will serve as the manager for all accountants. Vanessa Daniels will serve as the manager of grants development and Federal reporting. Kristen Kearns will serve as the manager of sub-recipient monitor-

ing and invoice management. WIC, MCH, Preparedness, the ISDH Laboratories and CDHHE will retain finance managers to facilitate program-specific business needs.

If you have any questions about the new structure, contact CFO Aaron Atwell at aatwell@isdh.in.gov.

WEBCAST ROOM GETS MORE USE

In addition to the monthly Pulse webcast chats that started in April, the Office of Public Affairs has recently used the webcast room to record two public service announcements. The pieces, which promote awareness of hepatitis and asthma, will be distributed through social me-

dia and can be emailed to local health partners and stakeholders. You can find the hepatitis PSA here: <http://videocenter.isdh.in.gov/videos/video/2610/>.

This is a great way to expand our messaging at no cost. Please contact OPA if you have an idea for a PSA.



Dr. Adams and race car driver T.J. Fischer during taping of a public service announcement for Asthma Awareness Month

2017 HEALTH CARE QUALITY LEADERSHIP CONFERENCE

By Terry Whitson

The ISDH recently hosted its 20th Health Care Quality Leadership Conference. The March 8 conference focused on dementia care and was attended by 1,010 long-term care professionals.

The conference began in June 2007 as part of a plan to improve health care quality in nursing homes. The number of immediate jeopardy level deficiencies had increased from 29 in 2004 to 80 in 2006. The number of actual harm level findings increased from 286 in 2006 to 422 in 2008. The conferences were created as a way to bring together statewide leaders to focus on important long term care issues. More than 500 nursing homes are invited to send representatives, along with health care quality organizations.

Dementia is an important issue for health care facilities. A 2017 report by the Alzheimer's Association reported that approximately 110,000 Hoosiers have been diagnosed with Alzheimer's dementia. By 2025, the Alzheimer's Association expects that number to increase to 130,000. According to the Alzheimer's Association, Alzheimer's dementia is the sixth-leading cause of death in the U.S. and the fifth-leading cause of death for those ages 65 and older. In Indiana, 2,204 people with Alzheimer's died in 2014.

Early diagnosis of dementia is important. A 2014 study found that nearly half of patients and families are not told of an Alzheimer's diagnosis. When patients are told of the diagnosis, only half of patients and

families receive counseling, support, or information about next steps. This information is important, especially for early stage patients who experience positive outcomes when they are involved in planning and support services.

The featured speaker at the March 8 conference was Teepa Snow, a nationally recognized expert on dementia care. Her *Positive Approach to Care* is a dementia care model that emphasizes quality of life for geriatric residents.

Dr. Monica Tegeler discussed caring for a resident with dementia and the need to reduce the use of antipsychotics. As part of a project to reduce antipsychotic use in nursing homes, Indiana's rate has decreased from 24 percent

in 2011 to 15.4 percent in 2016.

Dr. Katie Ehlman provided attendees with an implementation model from the University of Southern Indiana's *Dementia Care in Southwest Indiana Project*. The ISDH has partnered with the university on the project, which is introducing the *Positive Approach to Care* to 12 nursing homes in southwestern Indiana.

Through quality improvement projects such as the Leadership Conferences and Dementia Care in southwestern Indiana, the ISDH Health Care Quality and Regulatory Commission has achieved positive outcomes. Most notably, the number of immediate jeopardy-level deficiencies decreased to 18 in 2015, with actual harm deficiencies decreasing to 184.

DEMENTIA: WHAT YOU SHOULD KNOW

There are approximately 110 causes of dementia. The most common types include Alzheimer's disease, vascular dementia, Lewy body dementia, frontal temporal dementia, and Parkinson's dementia. Alzheimer's is the most common and accounts for 60-80 percent of cases. In these cases, dementia is a chronic disease that is progressive and terminal.

There are a few causes of dementia that are potentially reversible or treatable. These include depression, medication interaction, vitamin B-12 deficiency, normal pressure hydro-

cephalus, and malnutrition.

Early signs of dementia include difficulty in finding words or remembering names, misplacing things, and difficulty in planning, organizing, or decision making. By middle stages, confusion, disorientation, concentration, and visuospatial challenges can occur, along with impaired judgment and forgetfulness about events and personal history. Withdrawal from social interactions, incontinence, changes in sleep patterns, wandering, and behavior changes become emerging patterns.



Thank You for Everything You Do!

Public Service Recognition Week
May 7-13, 2017

CALL FOR ISDH ART WALL SUBMISSIONS

It's time to refresh the ISDH art wall!
Please submit items to Lisa Stoner
at lstoner@isdh.in.gov
no later than **May 25**.
Help us showcase your talents!

ISDH EMPLOYEES WIN RECOGNITION FROM NATIONAL GROUPS

We all know how much good work gets done here each day at ISDH, but it's always gratifying when outside groups recognize it too. Recently, members of our Epidemiology Resource Center and ISDH Laboratories were singled out for their work.

An abstract on non-B invasive *Haemophilus influenzae* serotypes, by Mugdha Golwalkar and Mandy Billman of the ERC, received the Blue Ribbon Abstract Award and was accepted for presentation at the annual conference of The Associ-

ation for Professionals in Infection Control and Epidemiology (APIC) in Portland, Ore.

The abstract examined surveillance data collected on all invasive H. flu infections and found that people who were infected with an encapsulated serotype had greater odds of experiencing fever and meningitis than those infected with an unencapsulated serotype, but lower odds of death from



Mandy Billman and Mugdha Golwalkar, above; Brian Pope, right



Haemophilus influenzae type b vaccine did not protect anyone of any age from infection by another type of H. flu infection.

The abstract will be designated as the 2017 New Investigator Award in the APIC 2017 onsite abstracts publication, on the conference proceedings, and in the American Journal of Infection Control online at www.ajicjournal.org.

Kudos also go out to Brian Pope, a microbiology supervi-

sor at the ISDH Laboratories, who received a travel award from the Pan American Society for Clinical Virology to present a poster at the PASCV symposium in Savannah, Ga. Brian's poster examined four outbreaks of mumps with significant community spread that occurred in Indiana in 2016.

The outbreaks occurred at four college campuses in three counties. All of the mumps cases had the same genotype, and Brian's poster stresses the importance that required lab submissions and genotyping play in epidemiological investigations to help identify or rule out possible outbreaks.

2017 SERVICE AWARD RECIPIENTS HONORED AT ISDH

There's no question that ISDH has a dedicated workforce, but it's especially humbling to honor people who have dedicated a majority, or even all, of their working lives to protecting the health of Hoosiers.

During our annual service awards, ISDH recog-

nized nearly 60 employees, who have a combined ISDH tenure of nearly 800 years! It's especially gratifying to recognize our longest-serving employees each year. That honor goes to Kathleen Frogge in Vital Records, who's been an ISDH employee for 45 years.

Special acknowledgment also goes to Henry Wolfe in



Dr. Adams, Kristy Holzhausen, Kathleen Frogge and Eric Miller

Food Protection, Kristy Holzhausen in ERC and Bar-

bara Smith in Long Term Care for their 30 years of service.

A complete list of this year's service award recipients will be posted on the ISDH intranet soon. Please take a moment to recognize all of our recipients for their commitment to the State of Indiana.

EMPLOYEE SPOTLIGHT: BRENT SKIDMORE

On April 28, Brent Skidmore, a grant analyst for Chronic Disease, Primary Care, Rural Health and TB/Refugee Health, participated in the FDIC International 9/11 Memorial Stair Climb at Lucas Oil Stadium. The event is a way for firefighters and community members to honor the FDNY firefighters who selflessly gave their lives at the World Trade Center on September 11, 2001.



Brent Skidmore

Each participant honors an FDNY firefighter by climbing or walking 110 stories -- the equivalent of those in the World Trade Center. Each climber not only remembers the sacrifice

of an FDNY firefighter, but symbolically completes their heroic journey to save others.

Brent spent about two hours climbing in honor of Dennis P. O'Berg of FDNY Ladder 105. Just six weeks out of the Fire Academy, O'Berg left a job as a certified accountant at Ernst and Young to become a firefighter like his father, a lieutenant and 30-veteran of the FDNY.

Brent points out that his climb, like his work at ISDH, is part of his servant's heart and that there are others at ISDH who also volunteer their time to serve and protect their communities. Thank you all for your service!

SAFETY PIN APP: REDUCING INFANT MORTALITY

ISDH is working with Indianapolis-based software development company eimagine to create a mobile application that will provide evidence-based information and content to women who are currently pregnant, planning to become pregnant, or have recently given birth. The purpose of the mobile app is to provide an educational tool that encourages healthy and safe future pregnancies and helps to reduce infant mortality. Content will include infor-

mation on overall women's health, safe sleep, breastfeeding, insurance access, car seat safety, nutrition, and more. Unlike other pregnancy mobile apps, an interactive map with nearby resources, such as health clinics, food pantries and tobacco-cessation programs, will be included.

MCH Director Martha Allen says it's been exciting to be part of the app development team. Watch for a special delivery this fall!



ISDH EMPLOYEES ON THE MOVE

Congratulations to the ISDH employees who participated in the Mini Marathon, and kudos to those who participated in Zumba and other activities as part of Downtown Workforce week. It's always great to see our folks being active and setting an example for Hoosiers. Way to go!



WOW BUS VISIT

The Office of Women's Health is partnering with the IU National Center of Excellence in Women's Health to provide biometric screenings for women (and men) on the Wellness on Wheels (WOW) Bus as part of National Women's Health Week, held May 14-20. The WOW bus will be parked at Meridian and Washington streets on **Monday, May 15, from 11 a.m. to 2 p.m.** Appointments are limited, so if you're interested in getting a screening, contact OWH Director Terri Lee at TLee1@isdh.in.gov soon.

HEALTH OBSERVANCES: ASTHMA, SKIN CANCER AND MORE



ISDH has partnered with race car driver T.J. Fischer to help promote asthma awareness. Both T.J. and Dr. Adams live with asthma and know how it can affect one's life.

One Hoosier dies every five days from asthma, and three out of five people with asthma find it limits their physical ac-

tivity or forces them to miss work or school. By increasing awareness about asthma and encouraging Hoosiers to create an asthma action plan, we can help reduce the burden of asthma in Indiana.

Besides Asthma Awareness Month, May is also hepatitis awareness month and skin cancer awareness month.

May 26 has been designated as "Don't Fry Day." It's a catchy slogan for an important health issue – skin cancer is the most common type of cancer in the United States, but it's preventable. Protect your family all year round. Learn more about skin cancer at <https://www.cdc.gov/cancer/skin>.

WAFFLES, NOTES OF APPRECIATION PART OF LAB WEEK

By Chris Grimes

The ISDH Laboratories are staffed by an amazing group of individuals, and these folks have been celebrated over the past three years during Medical Laboratory Professionals Week in mid-April. One event that has endured all three years is the staff recognition board, where staff members post notes of appreciation to any other staff member. This year, the entire bulletin board was overflowing with gratitude!

Another grand tradition that has lasted all three years is Waffle-geddon!! The lab senior staff makes waffles on site and provides breakfast for all staff members.

Lab staff also teamed up to compete in scavenger hunts and public health trivia contests (think Jeopardy!, only better), while supervisors showed their appreciation by providing tasty treats for all staff.

In 2016 and 2017, lab staff voted for a movie to watch over two different lunch periods during Lab Week. They voted with pennies, with the movie garnering the most pennies as the one to watch. All proceeds from this voting have been provided to the ISDH Lab Health and Wellness committee to fund activities throughout the year.



Notes of appreciation posted during Medical Laboratory Professionals Week, above; lab staff participate in Waffle-geddon at left.

STILL TIME TO EARN SILVER STATUS WITH GO365

Now's the perfect time to earn points for Go365. Your health and your pocketbook could thank you!

Go365 is the vehicle to qualify for the state's Wellness Consumer-Driven Health Plan (CDHP), which offers the lowest monthly premiums and highest HSA contribution compared to the other state health insurance options. If you are currently enrolled in state medical benefits, you can qualify for the 2018 Wellness CDHP by reaching an **Earned Status of Silver** in Go365 by August 31, 2017.

Benefits of achieving Silver Status include:

- \$250-\$500 additional HSA contribution based on single or family
- \$350-\$1,000 saved on annual premium based on single or family

In addition to the financial incentive, you can cash in accrued points for gift cards or fitness equipment.

Money isn't the only reason to participate. Go365 also helps you keep track of your health and can motivate you to reach



your fitness goals. For some people, it rewards you for things you're already doing. For others, it may be that nudge you needed to get started on those goals.

There's still plenty of time to achieve silver status. Here are some tips from our Division of Nutrition and Physical Activity:

- Take the stairs or park further away from a store entrance when running errands. If you have a fitness tracker synced to Go365, you will earn one point for every 1,000 steps.
- Get a biometric screening (or yearly visit with your physician). You will receive even more points if your blood pressure, cholesterol, and BMI fall within a healthy range.
- Complete your health assessment. You can receive 500 points, and Go365 will recommend activities such as losing weight or exercising more that can earn you even more points.
- Get CPR-certified or get a flu shot.
- Participate in challenges with friends or co-workers.
- Upload your eye exam or dental appointment visits.

Learn more at www.go365.com