

APRIL 2019

PULSE

A look at what keeps ISDH ticking

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FUN FACT

You burn more calories while sleeping than you do when watching television.



Indiana State Department of Health

Mission:

To promote, protect, and improve the health and safety of all Hoosiers

TAKE TIME TO CELEBRATE

This spring has been a time of intense work here at ISDH, with our ongoing hepatitis A outbreak, a mumps outbreak and concerns about measles, not to mention intense grant-writing and many other tasks, keeping a lot of staff extremely busy. But it also has been a time to celebrate the hard work that goes into those responses, and into our work.

We recognized that work earlier this month during National Public Health Week (NPHW), which was April 1 to 7. I enjoyed leading a walk with staff members that week and getting an opportunity to hear more about your goals and success stories. You can see more on these and other ways that ISDH marked the week on the back page of this newsletter.

One of the most fulfilling experiences for me that week was recognizing ISDH staff members for their years of service. When you gather all of that dedication and knowledge in one room, it's easy to see the positive impact ISDH makes on Hoosiers' well-being. It is both humbling and awe-inspiring to see hundreds – if not thousands – of years of public service represented in one room. I am proud to lead an agency that is so committed to and focused on its vision of a healthier and safer Indiana.

It's also important to look ahead, and I recently had the opportunity to meet some future public health professionals by presenting at a University of Indianapolis public health event. These bright students are poised to continue our work going forward, and I encourage everyone to nurture this next generation whenever the opportunity arises.

We'll have another "official" opportunity to herald our work during Public Service Recognition Week (PSRW), which runs from May 5 to 11. A list of PSRW activities is on page 4. I encourage



Kris Box, MD, FACOG



Dr. Box addresses UIndy students.

you to take this opportunity to recognize those who work alongside you, here at ISDH, in our local health departments, or elsewhere in state government. Is there someone who had your back on a project? Did a colleague go above and beyond to help you at the last minute? This is the time to make sure you let those folks know how valuable they are to you and the agency.

Click [here](#) to download and print a form you can use to write a message of thanks or encouragement to share with a co-worker. It's important that we support each other, because none of us can do this alone.

While these occasions are opportunities to celebrate, I hope everyone takes time all year round to identify and recognize the successes of our teams. Whether you're responding to an outbreak or thinking outside the box to help us reduce our infant and maternal mortality rates, what you do matters and is worth noting.

We might always have mountains to climb to improve Hoosiers' health, but we are making progress. I hope you'll join me in celebrating along the way.

**Yours in health,
Kris**

GOOD NEWS FROM THE LEGISLATURE

ISDH got some good news from the General Assembly this month.

The OB Navigator and Universal Verbal Screening bill

passed unanimously through the Senate after passing the House earlier in the session. House Bill 1007 made it through both chambers with no amendments.

Watch next month's Pulse for more details about this legislation that promises to have a positive impact on moms and babies in Indiana.

JOIN AN ISDH TRADITION

By Mark Starzynski

The ISDH golf league started back in 1967 at Thatcher Golf Course on the west side of Indianapolis. It has had three name changes and has been played on eight different courses. It has moved over the years to Friendswood, Coffin, Eagle Creek, Smock, Winding River, Buffer Park and Sarah Shank golf courses. But for 23 of those years, the league has called Eagle Creek Golf Course home, and that is where we will be playing this year.

From 1967 to 1986, the golf league was known as the State Board of Health League (SBH). In 1987, it was changed to the Kin-Schlosser League in honor of two long-time members, Steve Kin and Doc Schlosser. Steve Kin was the SBH laboratory director, and Doc Schlosser worked for the SBH as the state veterinarian.

The golf league reached its peak number of teams in 1977 and 1978 with 24 (48 players). In 2017, it was down to 10 teams (20 players). With several teams not returning, we are hoping to field 12 teams this year.

The league changed to its present name of Bennett-Kassis in 1995 in memory of two of our members, Bob Bennett and John Kassis.

The Commissioner's Cup is the end-of-the-year outing and is held at a different golf course. We try to find unique courses to play, such as the Brickyard or Broadmoor Country Club. The Commissioner's Cup was named for the trophy that was donated by State Health Commissioner Dr. Mathew Paynter in 1975. The Commissioner's Cup trophy passed from winner to winner for a number of years but was eventually lost. After the league was separated from ISDH, the Commissioner's Cup tournament was re-designated to the Commissioners' Cup for the league commissioners. There hasn't been a trophy awarded for years, yet the name persists.

Some things never change, and at the beginning of every year, there is usually some lively discussion about the changes to the rules



This photograph was taken after the 1983 Commissioner's Cup, held at Prestwick Country Club in Avon.

and handicapping system from the previous year.

Indiana's switch to daylight saving time has helped the league tremendously. Before the switch to daylight saving time, several of us remember playing the last hole by moonlight!

We have openings for new teams this year. If you like the game of golf and socializing with your co-workers, we invite you to consider joining as our abilities range from not so good to excellent. We play the front nine at the beautiful Eagle Creek Pines course on Fridays, with tee times from 4 to 5 p.m. from May 10 to Sept. 6. We do not play on Memorial Day, July 4th or Labor Day weekend unless we have to make up due to rainouts (with lightning!). We play 15 weeks, and most of the cost is \$20/week for cart and green fee.

Contact Mark Starzynski at 317-921-5580 or mstarzyn@isdh.in.gov for more information.



Brent Skidmore as he approaches the stairs.

IT'S THE CLIMB

Brent Skidmore, practice coach for the Division of Chronic Disease, Office of Primary Care & Rural Health, completed the National Fallen Firefighters Foundation's FDIC 9/11 Memorial Stair Climb April 12 at Lucas Oil Stadium.

The 2019 FDIC 9/11 Memorial Stair Climb up and down all the stairs in the stadium is a way to honor and remember the 343 FDNY firefighters who selflessly gave their lives on Sept. 11, 2001.

The stadium floor is packed with fire engines and vendors, as well as the 9/11 Memorial Trailer, with pieces of the World Trade Center.

Each tower weighed 7.5 million tons, had 21,800 windows and 25,000 people working in them every day.

This was Skidmore's third time making

the climb in full gear, just as the first responders did at the World Trade Center.

"It is important to me to honor those who served and specifically on that day 09/11/01. I know that we say we will never forget, but we can't just say that; when we complete the climb, we walk down to a bell, toll the bell and repeat the name and company of the person we climbed for," Skidmore said.

Each year he climbs in honor of a firefighter lost in the 9/11 attacks. This year it was Thomas P. Holohan, a 36-year-old member of the Fire Department of New York, an amateur beer maker who loved nature and enjoyed camping and fishing with his family at Cayuga Lake.

It took about an hour and 45 minutes to complete the climb.

PROGRAM FOCUSES ON ENDING TB

The ISDH Tuberculosis/Refugee Health team hosted a World TB Day Conference March 25 at the Central Library in Indianapolis. The free educational forum included TB radiology, interferon gamma release assays and TB, and regional break-out sessions.

Pictured, from left, are Wendi Hollowell, TB Regional Nurse Consultant; Alicia Earnest, Refugee Health Coordinator; Roxane Collins, TB Regional Nurse Consultant; Kelly White, Director; Jill Brock, TB Regional Nurse Consultant; Sang Thao, TB Epidemiologist; and Sandi Morse, TB Regional Nurse Consultant. Lori Mathews, Administrative Assistant, is not pictured.



Sara Burnett from the Putnam County Health Department was the Excellence in TB Control Award winner.

ENFORCING PUBLIC HEALTH LAWS IS PART OF ACCREDITATION

One of the 10 essential public health services for which ISDH is responsible is enforcing public health laws. Many public laws in Indiana are enforced by other agencies or at the local level; however, ISDH should still be aware that enforcement activities are happening. In Indiana, these laws include restricting the sale of tobacco to minors, storing and serving food safely, ensuring quality of the water at swimming beaches, monitoring the licensures of long-term care facilities and more.

How does ISDH track these laws and communicate to those agencies that do have authority to enforce them? Accreditation standards outline the following best practices on enforcement activities that ISDH has and does not have authority to enforce.

- **Fully understand the current laws that relate to your program area:** Regardless of who has authority to enforce public health code, ISDH program areas should be aware of mandated time frames, responsible parties, as well as possible sanctions allowed for non-compliance. It is important to review these laws on a continual basis for changes and to verify SOPs are parallel with compliance.

- **Create a tracking system for enforce-**

ment activities of public health laws that relate to your program area: Creating a tracking system to be able to find trends can be as easy as creating an Excel spreadsheet. By watching trends, we have the opportunity to be more proactive in possible negative public health impacts.

- **Create (and keep updated!) SOPs for staff:** Help staff understand their roles and responsibilities for enforcement activities for which ISDH has responsibilities, and/or tracking other agencies'/local health departments' enforcement activities by creating job-specific SOPs. Important components could include:

- Protocols for both internal and external communication with partner agencies on enforcement activities

- Steps for tracking enforcement activities over time

- Protocols for escalating violations within the agency

- Determining when the program area should consider communicating to the public about a violation

- **Create annual reports and debrief annually:** An annual report on enforcement activities over the last year provides an opportuni-

Meet a member of the A-Team:

Hilari Sautbine - Core Lead Domain 6

Hilari Sautbine began her journey with ISDH in 2012 as a staff attorney, where she assisted with contracts, public records requests, research in legal matters and more. She was appointed the agency's privacy officer in 2016. In June 2018, Hilari stepped in as interim Vital Records director while maintaining her role in the Office of Legal Affairs until she was officially appointed the Director of Vital Records and State Registrar in August 2018.

Hilari lives in Noblesville with her husband, son and fur-baby. She enjoys spending time with extended family, plotting practical jokes and attending a Cincinnati Reds game.



Hilari Sautbine

ty for more in-depth communications on historical trends. It also allows transparency between all involved and an opportunity to discuss where improvements can be made.

Email Accreditation Coordinator [Patricia Truelove](#) for more information.

GET IN THE KNOW ABOUT LINKEDIN LEARNING

State of Indiana employees have free and unlimited access to premium learning content via LinkedIn Learning. It's still early in the program, but employees have already completed more than 3,600 courses, including 96,565 instructional videos.

Since the program is still new, many employees have yet to activate their accounts. Here are some tips and reminders about accessing the program and choosing content:

• **Get personalized recommendations:** LinkedIn Learning can recommend courses based on your career path, interests, goals and experience (although you don't need a LinkedIn account to access the LinkedIn Learning state benefit, you'll need an account to use this recommendation feature). Find a list of recommended courses in the "recommended for you" section of your LinkedIn Learning homepage.

• **Watch on your schedule:** Remember that you can access LinkedIn Learning courses from any device — anytime and anywhere. As a reminder, access during work hours is subject to supervisor approval and is restricted to courses designed specifically for relevant professional development. Overtime-

eligible employees are prohibited from accessing work-related training outside assigned work hours; time spent on these trainings is not authorized for overtime. Of course, during your free time, the sky's the limit.

• **Dedicate 10 minutes each day to learning something new:** Discover the convenience and effectiveness of bite-size learning. All LinkedIn Learning courses are broken into short videos, so you can focus on a key topic of interest. Micro-learning, or watching small snippets of longer courses, helps you gain knowledge across numerous subjects.

• **Check out some of the courses your colleagues are taking:** Here are the 10 most popular LinkedIn Learning courses taken by state employees in the past month:

1. Unconscious Bias
2. How to Use LinkedIn Learning
3. Body Language for Leaders
4. Being an Effective Team Member
5. Business Etiquette: Phone, Email, and Text
6. Interpersonal Communication
7. Working with Upset Customers
8. Communicating with Confidence
9. Leading without Formal Authority



Indiana State
Personnel Department

10. Ken Blanchard on Servant Leadership
Find the right path for you: LinkedIn Learning offers dozens of Learning Paths, or series of courses in which industry experts teach valuable career knowledge and skills. Two popular Learning Paths are Become a Digital Marketer and Become a Front-End Web Developer.

• **Getting started:** All State of Indiana employees working in agencies supported by the Indiana State Personnel Department (INSPD) have access to LinkedIn Learning. Detailed information on how to access LinkedIn Learning under this program is available in this **quick-start guide:**

https://ingov.sharepoint.com/sites/spd/Open%20Documents/LinkedIn%20Learning_Login%20Guide.pdf

PUBLIC SERVICE RECOGNITION WEEK STARTS MAY 3

Public Service Recognition Week (PSRW) is positively packed with community service efforts, outdoor activities, fun events, info on some incredible educational opportunities, random acts of kindness, jeans week and plenty of other ways to celebrate the state workers who continue to make Indiana Next Level.

Check out the list below to see how you can celebrate this important week, honoring all who serve – including YOU!

Friday, May 3

Offering an early kickoff to PSRW, the [American Red Cross' Sound the Alarm](#) event is a great way to help remind people of the importance of having a working smoke detector in the home. May 3 is also Public Service Day. Make sure to celebrate on social media using #INSERVICE.

Sunday, May 5

Part of [Visit Indiana Week](#), this opportunity allows state of Indiana employees to visit any of those parks FREE of charge.

Wednesday, May 8

The Indiana Blood Center will hold a blood drive in Conference Room B in IGC-S. Sign up [here](#).



Thursday, May 9

The 2019 Years of State Service Day is all set for May 9. All you have to do is check the list below to find your appropriate color.

- 16 or more years of service – wear **pink**
- 11 to 15 years of service – wear **red**
- Six to 10 years of service – wear **purple**
- Three to five years of service – wear **blue**
- Zero to two years of service – wear **green**

May 9 is also the date of this year's Statehouse Market Street Fair! The Indiana State Personnel Department is bringing about a dozen of the area's favorite food trucks to Robert D. Orr Plaza. Check out the Statehouse Market's [Facebook](#) and [Twitter](#) accounts to see which trucks will be there.

There will be state agency booths aplenty, games and tons of fun in the (hopefully) sun.

Friday, May 9

Show your Hoosier pride and wear anything Indiana! Sports, schools, if it's Indiana, rock your gear.

BIG STEP IN THE RIGHT DIRECTION

ISDH strives to provide good service, and we want to know how we are doing in the eyes of our customers.

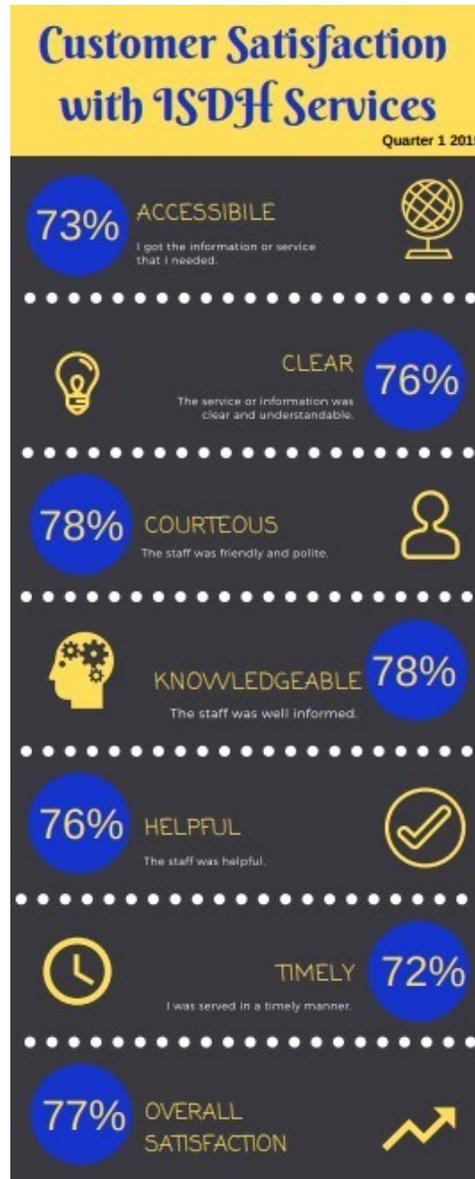
Customers are people who directly receive or use the products and services we provide. Doing this right in the public health world is challenging but not impossible. And it's important, too!

Measuring satisfaction is a valuable way to obtain feedback from a range of customers and stakeholders to improve services.

We have successfully completed the first round of our ISDH Customer Satisfaction Survey in Quarter 1 of 2019, surveying 133 of our customers. Overall our customers expressed that they have a 77 percent satisfaction rate regarding the information and services they received.

Thank you to all our customers who participated in our survey!

- Clinical care systems
- Local health departments
- Community-based organizations,
- Coalitions
- Governmental agencies
- Non-profits
- Local stakeholders
- Community partners



CUT PREMIUM COST WITH ACTIVEHEALTH

By utilizing ActiveHealth, you have an opportunity to earn a premium discount on any medical plan you choose for 2020! There are four unique options to pick from.

To earn the premium discount on your health plan for 2020, employees and spouses enrolled in a medical plan sponsored by the State Personnel Department must each complete at least one of the following activities by **Sept. 30**:

- 1. Complete four coaching sessions*** (face-to-face or over the phone). Each session lasts around 30 minutes. Call 1-855-202-4219 to get started with a coach today!
- 2. Reach Level 5 (which is 9,000 hearts)** by participating in digital coaching, health education and health goals on the Active Health Platform.
- 3. Track 10,000 steps a day at least 75 days of the quarter**, two out of three quarters, using a tracking device.
- 4. Complete 45 minutes of physical activity three days a week**, at least 11 weeks of the quarter, two out of three quarters, using a tracking device.

In addition to earning a premium discount, you and your covered spouse can each earn e-gift cards by completing a [biometric screening](#) and [health assessment](#). Completion of the biometric screening will earn you a \$100 e-gift card, while completing the health assessment will earn you a \$50 e-gift card.

EVENT SPOTLIGHTS INFANT MORTALITY

Dr. Box joined Indiana First Lady Janet Holcomb, Gary Mayor Karen Freeman-Wilson and members of the faith community April 4 for the second First Ladies Luncheon to discuss infant mortality. Topics included the OB navigator program, safe sleep, breastfeeding and early prenatal care.

After the event, one organization is now interested in working to reduce sudden infant deaths, a church was inspired to find ways to support new mothers in its congregation and other agencies that serve 12 counties in the region are talking about creating a team to tackle infant mortality.



GET TO KNOW RADIOLOGY SERVICES

By Dave Nauth

The Medical Radiology Services Program first appeared at the ISDH around 1954 as the Radiological Health Section. While the program has seen many changes over the years, the regulatory responsibilities of the program are ensuring compliance with radiation control rules involving machine-produced radiation and licensing individuals involved with delivery of radiology services, such as radiologic, nuclear medicine and radiation therapy technologists. The program is located on 4 Selig and consists of three staff members, Manager Dave Nauth, Radiology Licensing Coordinator Darleen Hopper and X-ray Machine Inspection Coordinator Mary Stiker.

Radiation can exist as machine-produced, such as with X-ray machines, or from radioactive material. The Medical Radiology Services Program has authority over machine-produced radiation. In Indiana, the U.S. Nuclear Regulatory Commission maintains regulatory authority over radioactive material.

The Medical Radiology Services Program has many areas to address involving both diagnostic and therapeutic medical radiation. This includes machine inspection; licensing technologists and students; approving limited scope radiography pro-

grams; approving individuals providing physics support to facilities, such as machine inspection and shielding design; addressing radiation exposure standards; and advising on personnel radiation monitoring.

The type of facilities regulated include hospitals and medical, dental, chiropractic, podiatric and veterinarian settings. There is also a part of the program that registers non-medical use of machine-produced radiation. These facilities would typically be industry, education and research. There are 5,220 facilities with X-ray machines in Indiana. Among these facilities there are 22,561 X-ray machines; 17,541 radiology licenses; and 1,622 student permits.

Most people are familiar with the medical use of radiation, but there are many industrial applications for X-ray machines. A common type of industrial gauge is an X-ray fill monitor. Products such as soft drinks pass through an X-ray beam. If the X-ray detects product in the container at the required level, it's filled correctly and continues through production. If the X-ray beam passes through air, it's not filled correctly and will be removed from production. Other common applications of industrial X-ray include detecting contaminants in food products, ensuring proper welds in pipe and determining elemental composition.

Looking at an individual's annual expo-



sure to radiation, approximately half of the total exposure is from naturally-occurring radiation, and the other half is from manmade radiation. Of the manmade radiation exposure, approximately 96 percent is from medical procedures, such as diagnostic X-rays.

One of the most well-known radiography procedures is computerized tomography, or CT scan. The development of this imaging modality has an interesting history. When the technology first came out in the early 1970s, it was called an "EMI scan," named after the company where the CT inventor worked. EMI stood for Electric and Musical Industries.

If EMI sounds familiar, that's because it owned Abbey Road Studios, made famous by the Beatles. Needless to say, the Beatles made tremendous profits for EMI. In fact, some have speculated that possibly this income afforded EMI the opportunity to fund the development of CT technology.

STAFFING UPDATES

Please give a warm welcome to the following employees who joined ISDH in March:

Caron Peper, vital records data analytics, Vital Records; Derek Fischer, nutritionist consultant, Women Infants & Children; Mary Barron, provider relations specialist, Children's Special Health Care; Daniela Bright, public health nurse surveyor, Long Term Care (LTC); Laura Leffler, educational consultant, Center for Deaf and Hard of Hearing Education; Jerilyn Ashley, nurse consultant, Children's Special Health Care; and Latia Johnson, clerical assistant, Children's Special Health Care.

Congratulations go to the following staff members who were promoted last month:

Rebecca Chauhan, CFO, Finance; Brandon Halleck, linkage to care manager, HIV/STD/Viral Hepatitis; and Jeremy Turner, director of HIV/STD, HIV/STD/Viral Hepatitis.



LOOK WHO I MET
ON THE ELEVATOR!

Marketia Jones



NAME: Marketia Jones

TITLE: Special project coordinator

JOB DESCRIPTION: My position supports the director of district and local readiness through the coordination and management of special projects within the section. I work with three area coordinators and I'm responsible for coordinating large projects that occur internally and externally in the readiness section.

YEARS AT ISDH: Seven months

FAVORITE PART OF WORKING AT ISDH: I like the vision and purpose of ISDH that encourages me to have professionalism and responsibility to serve in the community and the state of Indiana.

OTHER INFORMATION: My hobbies include spending time with my family, arts/crafts, reading books and beauty. My interests include being able to travel more in the future.

ISDH CELEBRATES NATIONAL PUBLIC HEALTH WEEK

EPI TEAM OPEN HOUSE

ISDH held its fifth annual Epi Open House April 3 in Rice Auditorium. The event showcased the work of ISDH epidemiologists, local health departments and public health students through scientific poster presentations. This year's open house featured work from several ISDH divisions, including Trauma and Injury Prevention, STD, Maternal and Child Health, Chronic Disease and the Epidemiology Resource Center. Local partners from the Marion County Public Health Department and students from the Indiana University Student Epidemiology Response Team (IU-SERT) also presented posters. The ISDH and Epi Open House Planning Committee would like to congratulate all presenters on their fantastic work and extend a sincere thank you to all attendees.



Foodborne and Waterborne Disease Epidemiologist Nicole Stone, right, discusses her poster on drowning data at the ERC's Open House.



Chronic Disease Epidemiologist Caylie Simon, right, explains her poster.

HONORING ACHIEVEMENTS

ISDH recognized more than 125 staff members for their years of service on April 2 as part of National Public Health Week.

The experience and wealth of knowledge of these employees gives continuity to the agency by providing unique perspective and dedication.

Special congratulations go to Murray Lawry, prescription drug overdose project manager in the Division of Trauma and Injury Prevention, and Marsha Lundy, clerical assistant in Chronic Disease, Primary Care and Rural Health. Both celebrated 45 years of service. Kim Rief, administrative assistant, Health & Human Services, and Darlene Jones, survey support and guidance, and Karen Gordon, field epidemiologist, Epidemiology Resource Center, each have an impressive 40 years of service to ISDH.

"The contributions these long-time employees have made at ISDH can't be measured," said State Health Commissioner Dr. Kris Box. "We are fortunate to have their commitment and dedication to improving the strength of the agency and the welfare of Hoosiers." See pictures of everyone who accepted their certificates in person on the ISDH intranet.



SPRING IN THEIR STEPS



Dr. Box leads an ISDH team walk for National Public Health Week on April 2. It was a great spring day to celebrate the work ISDH does to protect the health and safety of all Hoosiers. Thank you!