

MARCH 2017

# PULSE

A look at what keeps ISDH ticking

It's hard to believe it's already March and that winter is almost over. I'm hoping I didn't just jinx us, but the mild temperatures we've had for most of this season have been a welcome change, even though our flowers and trees might be a bit confused. I've seen a lot of people out and about more this year than in the past, running, walking or just enjoying the weather. Anything that gets people moving is good in my book, so let's hope the trend continues.



*State Health  
Commissioner  
Jerome M. Adams*

This is the second issue of Pulse, which made its debut last month to critical acclaim (OPA made me say that). But truly, I've heard a lot of feedback from folks who say it's nice to have a way to find out what's going on in the agency. We've received lots of suggestions for content, but keep them coming – this newsletter will only be as helpful as you make it.

## LEADERSHIP UPDATES:

Eric Hawkins, who joined ISDH as our director of TB and Refugee Health last year, is taking on new duties as Director of Infectious Disease Epidemiology. Eric will take on his new role in the Epidemiology Resource Center on March 13 but will continue to oversee the TB and Refugee Health program. Eric joined ISDH in June

2016 after spending four years as program manager for the Arizona Tuberculosis Control Program.

## RAPID IMPROVEMENT EVENT:

ISDH recently completed its third Rapid Improvement Event (RIE) in partnership with Purdue Healthcare Advisors. This event focused on the process of identifying and applying for new grant funding and served as a training event for the agency's cohort of Lean Practitioners-in-training. Participants from across the agency, including both program staff and finance staff, spent four days together picking apart the process, understanding what got us to our current state, then mapping out a path to improvement.

First, participants analyzed how grants are currently identified and then written. Quickly, it became clear that divisions have a wide variety of ways in which they identify and apply for new grant funding. The current process was mapped out with sticky notes, providing the group with a visual of how the process flows. After it was mapped, waste in the process was identified using the acronym DOWNTIME (defects, overproduction, waiting, not utilizing staff talent, travel, inventory, motion, excess processing). Major themes were identified, then a root-cause analysis of those themes helped participants uncover a deeper reason for why things are currently conducted the way they are. This exercise

allowed the group to come up with more complete and comprehensive solutions rather than just fixing symptoms.

The group created a solution that eliminates waste, is inclusive of both program and finance staff, and will help divisions identify and write grants more efficiently. But the hard work isn't done yet! The group will reconvene to create standard work that all divisions can follow. Standard work will include tools such as timelines, project plans, and visual management techniques, all of which will help provide clear expectations of staff. ISDH staff who are involved in the grants process will be trained on the new process in April. The new process will be piloted in the Health and Human Services Commission in May, with an expected agency-wide roll-out in August. At the end of the four-day event, executive sponsors Eric Miller and Pam Pontones approved the group moving ahead with the creation and dissemination of the new process. The process owner, Ann Alley, will guide its implementation.

Have an idea for a lean quality improvement project? Questions? Contact Eden Bezy at [ebezy@isdh.in.gov](mailto:ebezy@isdh.in.gov) or 317-234-1335.

## **DATA WORK GROUP:**

How do we release data? When do we suppress numbers? Those are questions a new working group is contemplating. In January 2017, representatives from the Epidemiology Resource Center (ERC), the Office of Legal Affairs, and the Office of Public Affairs convened a working group to address data handling throughout the agency. This group is reviewing how data is received, shared, and disclosed throughout the ISDH, both internally and to external requestors. One goal is to create a uniform policy on how the agency releases and shares data and in what manner – for

example, when to suppress certain data and what kind of analyses the agency may perform for a requestor. The data workgroup will provide regular updates on its progress, and as the group refines the goals and priorities and gathers information on best practices, will invite feedback from program areas within the agency.

As part of this process, the workgroup will send a survey to program directors to collect information on what data each program area collects and maintains.

## **OPA UPDATE:**

We are still waiting on updated marketing plan forms from OMB Communications. We're told that marketing plans will need to be submitted by the end of April and that additional information will be forthcoming. However, if you need to get something moving before then, go ahead and fill out the 2016 form and submit it to OPA for processing. If you need the forms, contact Kelly Scott at [kscott@isdh.in.gov](mailto:kscott@isdh.in.gov).

One of the issues in the news a lot in recent months has been lead. Some of you have asked what ISDH's role is or how to respond to family members or friends who have questions. Here are some key talking points:

- Young children and pregnant women are at the highest risk of adverse health effects because of the way the brain develops.
- Many children in Indiana who should be screened for lead aren't getting those tests. You can help advocate for that.
- ISDH helps provide education, training and other resources when local health departments request assistance with lead testing.

- A majority of Indiana housing was built before 1980, which puts people at risk of exposure to lead-based paint. People who live in older homes should watch for peeling paint and determine whether their water service lines are made of lead so they can take appropriate precautions.

Our ISDH employees can be the best ambassadors for the important work we do, so if you get questions that you think we need to do a better job of, contact Jeni O'Malley at [jomalley@isdh.in.gov](mailto:jomalley@isdh.in.gov).

## NEW HIRES:

Speaking of ISDH employees, please join me in welcoming the following people who joined ISDH in February:

Jon von Arx, grants analyst; Tori Harvey, WIC vendor consultant; Amy Miller, Crystal Sinnott, LaTosha Stasel, Heather Morin, Deborah Booe, public health nurse surveyors in long-term care; Melissa Cervantes, WISEWOMAN program director; Michael Elston, IT manager; Emily Fussell, Disease Intervention Specialist in Tippecanoe County; Kimberly Lara, clerical assistant in Acute Care; and Rachel Spradlin, an administrative assistant for WIC. We're glad you're here!

## COFFEE WITH THE COMMISSIONER:

This month's "Coffee with the Commissioner" brought some questions about the automated external defibrillators (AEDs) stationed throughout ISDH. I asked Caleb Slocum for a rundown.



Locations of first aid kits are listed on the building evacuation maps near the elevators on every floor. These maps do

NOT show the location of the simple trauma kits due to the fact that they are located within active shooter shelters. For safety and security reasons, we don't want to post locations of potential hiding places in the event of an active shooter. Once we finish tweaking the contents of these kits, however, we will notify employees of their locations and contents.

As for the AEDs, we currently have three in the building: on 5 Selig at the north end of the building next to the fire escape door, on the third floor in the main building at the east end of the elevator lobby and on the lower level of the main building by the hand sanitizer station. All of these locations are marked on the evacuation maps on their respective floors.



On March 6, we will be installing three more AEDs: one each in the elevator lobby area of the 4<sup>th</sup> and 5<sup>th</sup> floors, and another on the 2<sup>nd</sup> floor of the 2 North building near the door leading into the Selig stairwell. The evacuation maps will be modified to reflect these changes after the installations are complete.

The ISDH Lab also has an AED at the front desk.

The device speaks to the user once turned on with clear instructions on use. In addition, we have offered two classes to the Safety and Building Management Liaisons for First Aid, CPR and AED certification. In the coming months, we hope to expand this training by offering it to more employees. A survey should be coming out shortly to assess the interest level in such a program.

Finally, I would be remiss to not mention this critical safety warning to our employees: If you need to use an AED to save a life, please do so. That being said, remove yourself from contact with the individual and

back away before the AED administers the shock as the current will affect multiple people if they are in contact with each other.

## HEALTH OBSERVANCES:

At our recent gathering, some of you expressed an interest in hearing more about health observances and how to connect them to your daily lives.

March is National Kidney Month, and that hits home for Curtis Warfield, a senior quality analyst in our Office of Technology and Compliance.

In 2012, Curtis was diagnosed with End Stage Renal Disease (ESRD). After spending 2015 on dialysis, Curtis received a living kidney donation in January 2016 from a friend of his daughter. Curtis has become an advocate for awareness of organ donation and kidney health and is attending the National Kidney Patient Summit in Washington, D.C., this month. He shares these sobering statistics:

- Kidney disease is the ninth-leading cause of death in the United States. More than 26 million people have some form of kidney disease, but only 10 percent is detected early.
- Approximately 15,000 Hoosiers are living with ESRD, more than 9,000 of whom are on dialysis.
- More than 100,000 people nationally are waiting for a transplant, including more than 1,200 people in Indiana.



*Curtis Warfield*

I want to thank Curtis for sharing his story. I also want to note that one in three Americans are at risk for kidney disease due to diabetes or high blood pressure, both of which occur at high rates in Indiana. Let's all take steps to reduce those numbers and create a healthier Indiana.

Please make your kidneys part of your annual health checkup. And if you or a loved one are struggling with kidney disease, the National Kidney Foundation has some excellent resources on its site, <https://www.kidney.org/>.

If you're interested in becoming an organ donor, you can learn more at <http://indianadonornetwork.org/>.

March is also Colorectal Cancer Awareness Month. Colorectal cancer is the fourth most common cancer in the United States and the second-leading cause of death from cancer. Colorectal cancer affects people in all racial and ethnic groups and is most often found in people age 50 and older.

The good news? If everyone age 50 and older were screened regularly, 6 out of 10 deaths from colorectal cancer could be prevented.

To see a list of other health observances this month, go to <http://bit.ly/2kkzu6l>.

## AWARDS:

Congratulations go out to Immunizations Director Dave McCormick for his recent award from the Association of Immunization Managers (AIM).

Dave received the group's Impact Award for dedicating significant time, expertise and experience toward achieving the organization goals of AIM. Specifically, the organization cited his mentorship of new program members, his work to expand the AIM Corporate Alliance program and his service on the AIM Executive Committee and the 2017 Leadership in Action Conference Planning.

Thanks for all you do, Dave!

## PARTNERSHIPS:

The Division of HIV/STD/Viral Hepatitis is partnering with a graduate-level J529 Public



Relations class at IUPUI to develop an advertising and outreach campaign for PrEP, or pre-exposure prophylaxis. The class is led by Bruce Hetrick, a 35-year public relations veteran. The capstone project will wrap up in April with the launch of the campaign in selected areas of the state.



*HIV Director Dennis Stover, left in back, and HIV Prevention Program Director John Nichols, far right in back, with IUPUI students working on PrEP campaign.*

## WELLNESS TIP OF THE MONTH:

With spring on the way, it's time to ramp up those outdoor activities. Did you know that if you play a round of regulation 18-hole golf on most courses, you'll walk anywhere between 3 and 6 miles? It depends on the length of the course, how much walking you do before and after your game, and how often you have to wander off course in search of lost balls. This could be one case where a bad golf game actually is good for your health. Anyone see a sand trap lately?

ISDH has both a softball team and a golf league. The Bennett-Kassis Golf League, which was established at ISDH in 1967, is looking for singles or two-person teams. Play will be at Sarah Shank Golf Course, 2607 S. Keystone Ave., on Fridays for 15 weeks from May 5 to Aug. 25. For more information, contact Mark Starzynski at the ISDH lab at [MstarzyN@isdh.in.gov](mailto:MstarzyN@isdh.in.gov).

ISDH also fields a team in the State

Recreational Slow Pitch Softball League each year. This year's season begins April 12. Teams from state agencies play five weeks of doubleheaders Wednesday nights at Chuck Klein Park in Indianapolis.

Teams consist of a minimum of 10 players, including at least four females. The registration fee is \$400 per team. Completing an entire season earns participants Go365 points.

ISDH already has one team playing in the spring, but a second team could be added if enough players are interested. Eldon Whetstone manages the existing team and has volunteered to be the initial point of contact for a second team. However, someone else will need to take over managing that team if it comes to fruition. Contact Eldon at [ewhetstone@isdh.in.gov](mailto:ewhetstone@isdh.in.gov) if you're interested in playing or managing a second team.

Do you have creative ways to stay active all year long? Let us know! Send your tips to Kelly Scott in the Office of Public Affairs at [kscott@isdh.in.gov](mailto:kscott@isdh.in.gov).

## ART WALL:

I hope you've all taken time to visit the art featured on the Wall of Fame in the basement. We're looking for new submissions so we can freshen up the display in April.

Please submit items to Lisa Stoner at [lstoner@isdh.in.gov](mailto:lstoner@isdh.in.gov) no later than **March 27**.



Thank you for reading this issue of Pulse. If you have a program area update to share, a wellness journey story or a topic you'd like to see addressed, please submit it to Jeni O'Malley in OPA by March 27.