



Oklahoma Arthritis Network (OAN)

Thursday, January 12, 2006

MINUTES

Attendees:

Claudia Barajas, Latino Community Development Agency
Linda Born, Muskogee County Health Department (VC)
Lillie Burnidge, Woods County (VC)
Adrienne Chambers, OSDH Arthritis Prevention and Education Program
Deresa Claybrook, Positive Resource
Odalee Craighead, Woodward County (VC)
Shelley Frick, Home Instead Senior Care
Jolena Graves, Harper County Health Department (VC)
Renetta Harrison, Leader, Arthritis Foundation Self Help Program, Rogers County Health Department (VC)
Bill Heaton, PACE Leader, Harper County (VC)
Sarah Jordan, Creek County Health Department
N.M. Khan, Individual
Helen Lee, RN, Creek County Health Department
Shona Lennon, Arthritis Foundation, OK Chapter, OKC
Lynn Madsen, OEDA, Beaver County (VC)
Robn Mitchell, OSDH Community Health Services
Harvey Monetathchi, Cheyenne and Arapahoe Tribe, Director of Tribal Health Ed., Concho (VC)
Mary Morris, Leader, Arthritis Foundation Exercise Program, Le Flore County (VC)
Marisa New, OSDH Arthritis Prevention and Education Program
Traci Norsworthy, Tulsa City-County Health Department (VC)
Kathy Payne, OSDH Community Health Services
Lana Shaffer, Turning Point Representative, Harper County Health Department (VC)
Charles Sleeper, Cheyenne and Arapaho Education Lab, Concho (VC)
Velma Smotherman, Leader, Arthritis Foundation Exercise Program, Texas County (VC)
Bill Souder, Inner Reach Corp.
Bryan Sykes, Cheyenne and Arapahoe Tribe, Director of Voc. Rehab, Concho (VC)
George & Ermalee Sykes, Cheyenne and Arapahoe Tribe, Concho (VC)
John Thur, Jackson County Health Department
Cynthia Trent, Home Watch Caregivers
Maxine Utterback, Woods County (VC)
Kimberly Watley, COINS
Jamie Watt, OSDH Family Health Services, Women's Health Division
Carla Wilhite, ABLE Tech AgrAbility Project
Jean ???, Woods County (VC)

VC = Video Conferencing

I. Welcome – Shona Lennon, Arthritis Foundation, OKC

New OAN Members: Claudia Barajas, Adrienne Chambers, Deresa Claybrook, Sarah Jordan, N.M. Khan, Helen Lee, Robn Mitchell, Harvey Monetathchi, Traci Norsworthy, John Thur, Jamie Watt, Bill Souder, George & Ermalee Sykes.

II. November Minutes Approved

III. Oklahoma Arthritis Network Projects/Committee Updates

- A. **Promotion** – Claudia Barajas, Latino Community Development Agency
- Media Campaign – *Buenos Dias Artritis! No Me Venceras El Dia De Hoy!*
 - *Buenos Dias Artritis!* Brochures were distributed to various programs in the Latino Community.
 - Great opportunity to spread information.
 - Went to supermarkets and restaurants as well as other locations.
 - Claudia and Yuri Nakasato, M.D., rheumatologists, were both on 106.7FM KTUZ La Zeta on “La Voz de la Comunidad.” The doctor spoke about the importance of physical activity for people with arthritis.
 - Claudia and Martha Arambula, M.D, pediatrician. Were both on *Telemundo*, Channel 5 on “Nuestra Oklahoma” speaking about the campaign and stressing the importance of how physical activity can help prevent or delay chronic disease especially that of arthritis.
 - *Telemundo* televised an encore presentation that people spoke about in the community.
 - Referenced by people in the community as “the red arthritis flyer.”

- Approximately 8,000 brochures distributed to Latino programs and community between N.W. 23rd and S.W. 44th.
- Oklahoma is one of five states that piloted this media campaign.

B. Stanford University/University of North Carolina Research Project – Marisa New

- Mail-Delivered Arthritis Self Management Program
- Research Study to validate a new way to administer the Arthritis Self Help Program.
- Recruiting Participants
 - Are 18 years of age or older and have arthritis, fibromyalgia, or pain in the joints.
 - Have **not** participated in any other arthritis self-management program other than PACE.
 - Are willing to study 8-12 hours over 4-6 weeks.
 - Agree to participate in research about the Program's usefulness.
- Targeting people who don't have access to community programs
- English and Spanish phone numbers are available (1-877-668-0682 English, and 1-800-725-9424 Spanish).
- Will send a kit when you register
- Four to six week course self study course
- A home-delivered version of the evidence-based Arthritis Self Help Course as a means to increase accessibility.

IV. Highlight: “Your Personal Health Information: How to Access, Manage and Protect It”

Guest speaker: Deresa Claybrook, MS, RHIT with the American Health Information Management Association.

A. Important to Be on Top of Our Health Record

- Know what is in it, how to manage it, and how to protect it.
- Should be used for treatment, payment, and quality.

B. Our Health Records Are Not Currently Set Up to Share With Each Other

- When you go to the emergency room your health record cannot be readily available.
- Challenges due to multiple health care providers and multiple medical records.
- 10% of tests ordered by doctors are unnecessary or duplicative.

C. Personal Health Record (P.H.R.)

- Collection of important information maintained and updated.
- Why should we create - so it is not scattered and to prevent mishaps.
- Benefit – more rounded information, and promotes teamwork.
- 42% of population is already doing.

D. What should be in Your P.H.R.?

- Personal Medical History
- Family Health History
- Your Health and Wellness
 - Blood Pressure
 - Over the Counter Medicines/Nutritional Supplements
 - Exercise Routine
 - Counseling Records
- Personal Identification
- Emergency Contacts
- Physician, Dentist, and other Specialists' Information
- Health Insurance Information
- Advanced directives, living will, and durable power of attorney.
- Organ Donor Authorization
- Problem list and current medicines.
- Records From Visits to Specialists
- Important Tests
- Eye and Dental Records
- Correspondence With Provider

E. Your Medical Record Legally Belongs to Your Health Care Provider

- F. HIPAA Protects Your Privacy Rights
- Allows You to View
 - Request Changes
 - Obtain Copies of Health Information

G. Can go to www.myphr.com for more information, sponsored by HIMA.

V. Community Education – Shona Lennon

A. Arthritis Foundation Exercise Programs

- Leader Training Workshops
 - January 20th – OKC, Open to the public, call Shona Lennon @ (800) 627-5486
 - January 26th – OKC, Indian Health Service (IHS) Only, Call Freda Carpitcher @ (405) 951-3717
 - February 1st – Tulsa, IHS Only, Call Freda Carpitcher @ (405) 951-3717
 - February 25th – OKC, Faith-Based (FBPHWCT) Only, Call Tom Nash @ (405) 271-9444 x56534
- Community Programs
 - January 3rd – Alva Wellness Center
 - January 10th – Poteau Carl Albert State College, Call Linda Bradberry @ (918) 647-1278
 - January 11th – Sallisaw Carl Albert State College, Call Linda Bradberry @ (918) 647-1278
 - January 12th – Norman, The Health Club, Call HealthLink @ (405) 440-8802
 - February TBA – Woodward, First United Methodist Church, Call Odalee Craighead @ (580) 256-6448
 - March TBA - Hooker

B. Arthritis Foundation Self Help Programs

- Community Programs
 - January 24th – Tulsa Community College N.E. Campus, Call Stephanie LaFevers @ (800) 400-4526
 - February 16th – Broken Arrow St. Francis Hospital, Call Stephanie LaFevers @ (800) 400-4526

VI. Announcement: “EnhanceFitness” Satellite Conference, January 26th, 2005

- Not specific to any chronic disease.
- Making people aware of what program entails.
- Another way for Arthritis programs to partner with other organizations.
- Very Limited Funding

VII. Next OAN Meeting will be Thursday, March 2, 2005 at 2:00 p.m. at OSDH in Room 314.

Videoconferencing is available; please call (405) 271-9444, ext. 56410 or marisan@health.ok.gov for more information.

VIII. See Calendar of Events for other announcements and upcoming meetings