



# IPHCA™ Monthly **October 2023**

Indiana  
Primary Health Care  
Association

All the latest news and resources - distributed to IPHCA members



## **AC23 is just around the corner!**

Registration closes October 3rd -  
**Don't miss out!**

Get all the final  
Conference details on  
page 4-5

also this month ...

**Breast Cancer  
Awareness Month**

See pages  
6, 15, 20-22



**Domestic  
Violence  
Awareness  
Month**

See pages  
8, 14, 20



## Our Community Health Center members

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Sean Herbold, IPHCA CFO



**Countdown to the  
Indiana Primary Health Care Association  
Conference: Only a few days to go ...**

**AC23 is almost here ...**

## Dear Esteemed Conference Attendees ...

The countdown to our much-anticipated Annual Conference is almost over!

We are genuinely excited to welcome you to this year's Annual Conference. Your participation makes this event extraordinary, and we're committed to making it a memorable and enriching experience.

With just a few days left, we are thrilled to provide you with the last-minute details to ensure your experience is nothing short of exceptional.

Please go to **the next pages** to find all the details you need to know, including: -

- Dates, times, locations
- Networking
- Session highlights
- Dining and refreshments
- Exhibitors and sponsors
- Social events ...

and much more ..

**See you all very soon!**

**Warm regards, Sean**

**P.S. Final call!  
The deadline for registration is October 3rd**

-- and if you don't attend, you'll miss out,  
as the sessions will not be recorded this year.

**>>> Click here to register today!**

## IPHCA Monthly

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**>>> Clickable links** are provided throughout this newsletter - please notify us of any missing or incorrect links.

Any comments or suggestions please contact **Sean Herbold**, IPHCA CFO.

If you have not so already,  
**please follow us on Facebook!**



Also **visit our website** to find links to **previous issues**, an **events calendar**, our **resource center** and more!

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**John Fordham Design**

# AC23 is nearly here!

Here's everything you need to know to get the most from your conference experience ...



## 1. Conference Dates / Location:

- **Dates:** The conference will take place from October 11th and October 12th, 2023.
- **Location:** We're hosting the event at the stunning **French Lick Springs Hotel**, located at 8670 West State Road 56, French Lick, IN 47432, Phone: 888.936.9360



>>> **Get the AC23 mobile app here.**



- You will get the latest updates, room assignments, and conference information now and throughout the conference in the Whova app.
- We are especially grateful to **CareSource** for making the Value-Based Care & Payment learning series possible and **Anthem** for being the education sponsor

## 2. Registration and Check-In:

- **Early Check-In:** If you're arriving on Tuesday, we have early check-in desk available on **October 10th, 4 pm to 6 pm.**
- **Main Check-In:** For all other attendees, regular check-in will start at **6:30 AM – 8:55 AM on October 11th**, just before our opening session. Look for our friendly staff at the registration desks to guide you through the process.

## 3. Opening Session:

- **The opening session** begins promptly at 9 AM on October 10th. This is an interactive one-of-a-kind experiential learning experience. Being late will be detrimental to you and your assigned groups' experience.

**Please be in the Hoosier Ballroom at 9 AM and ready for an opening session experience that will blow your mind!**

## 4. Conference App:

- **Download our conference app, Whova**, available for both iOS and Android devices. It's your one-stop-shop for schedules, speaker bios, and networking opportunities.
- **Already downloaded?** Please be sure to log in and set up your profile.

## 5. Session Highlights:

- We've lined up an exciting array of sessions, workshops, and panels. Don't forget to log into the Whova app to select your concurrent sessions.
- Seating is limited in each session room.

## 6. Exhibitor and Sponsors Networking Opportunities:

- You will find the exhibitors in the hallways outside the rooms where the event occurs. This is the perfect place to connect with exhibitors and sponsors to learn more about their services.
- Additionally, **checking in at the booths** is a key way to earn points toward conference door prizes.

## 7. Evening Social Event:

- Don't miss our evening social events on **October 11th 5:45-6:46** in the foyer and hallways. Details are available on the app and in your program guide.

## 8. Social Media:

- **Share your conference moments** on social media using our official hashtag: **#IPHCA2023**. You might just see your post on our live social media wall!

**Click here to visit our Conference pages**

**9. Dining and Refreshments:**

- **Breakfast** is available in the Grand Colonnade, using the coupon you will receive when checking in to the hotel.
- **Lunch** will be provided on both days as part of the agenda.
- **Dinner** at your leisure on the 11th is a perfect opportunity for you to enjoy the many beautiful restaurants in the resort and the city and connect and reconnect with fellow conference attendees.
- For dietary restrictions, please notify hotel staff at the time of dining.

**10. Feedback and Surveys:**

- **We value your input!** Keep an eye out for our session feedback surveys on the app. Your insights help us make each conference better than the last.

**11. Parking:**

- **Ample parking** is available in the hotel parking lots at no charge.

If you have any questions or require assistance during the conference, our staff will be available at the information desk.

**Safe travels, and we'll see you at #IPHCA2023!**

Warm regards,  
Sean



**Final call!  
Registration Deadline  
October 3rd**

**>>> [Click here to register today!](#)**

**See the full agenda here**

**#IPHCA2023 Conference is made possible by our generous sponsors:**

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**Value-Based Care & Payment Series Sponsor**



**Awards Luncheon Sponsor**



**Education Sponsor**



**Supporting Sponsor**



**Door Prize Sponsor**



**Exhibitors:**

Alkermes

American Foundation for Suicide Prevention - Indiana Chapter

AndHealth

Anthem Blue Cross and Blue Shield\*

Azara Healthcare

Blue & Co., LLC

Bowen Center for Health Workforce Research & Policy

CareMessage

CareSource\*

Chiropractic Specialists

CoveredMeds

Curative Talent

Damien Center - Connect to Cure Program

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Integrated Chiropractic Associates, Inc.

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University Compounding Pharmacy

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\* Sponsors

## RESOURCE BULLETIN



To give feedback or provide resources for the Clinical section of this newsletter please contact **Nicole Stilianos**:  
[nstilianos@indianapca.org](mailto:nstilianos@indianapca.org)  
 or call: 317.630.0845

[Click here to view all Clinical resources in our Resource Center](#)

JNCI JOURNAL of the NATIONAL CANCER INSTITUTE

### Study

#### **Fine Particulate Matter Linked to Increase in Breast Cancer Risk**

A significant increase in risk seen for ER-positive breast cancer, but not ER-negative tumors. Fine particulate matter (PM2.5) is associated with an increased risk for breast cancer, specifically estrogen receptor-positive (ER+) breast cancer, according to a study published online on Sept. 11 in the Journal of the National Cancer Institute.

"We observed an 8 percent increase in breast cancer incidence for living in areas with higher PM2.5 exposure. Although this is a relatively modest increase, these findings are significant given that air pollution is a ubiquitous exposure that impacts almost everyone," White said. "These findings add to a growing body of literature suggesting that air pollution is related to breast cancer."

[>>> Read more here](#)

## Health and Wellness Awareness Topics for October

# Breast Cancer Awareness Month



**AAGR** American Association for Cancer Research®

October is **Breast Cancer Awareness Month**, an annual campaign to raise awareness of this complex disease and fund research into its causes, treatment, and cure. Since 1985, individuals, businesses, and communities have come together every October to show their support for the many people affected by breast cancer.

According to the National Cancer Institute, almost 298,000 women in the United States will be diagnosed with breast cancer and more than 43,000 will die of the disease in 2023. In addition, an estimated 2,800 men are expected to be diagnosed with breast cancer and 530 will die this year.

Men can also develop breast cancer, making up slightly less than 1 percent of those diagnosed yearly. Radiation exposure, high levels of estrogen, and a family history of breast cancer can increase a man's risk of the disease.

[>>> Read more here](#)

#### **For more information**

Please see The American Association for Cancer Research [page on breast cancer](#) for more information on prevention, screening, and treatment, as well as breast cancer treatment during pregnancy.



### **Metastatic Breast Cancer Awareness Day**



BREASTCANCER • ORG

October 13 is nationally recognized as **Metastatic Breast Cancer Awareness Day** in the United States. About 30% of early-stage breast cancers eventually metastasize (spread to parts of the body away from the breast), and the day is intended to drive awareness of the need for more research about metastatic disease.

[>>> Read more here](#)



## RESOURCE BULLETIN



### World Hand Hygiene Day

5 May 2023

#### Accelerate action together. SAVE LIVES – Clean Your Hands

Hand hygiene saves millions of lives every year when performed at the right moments during health care delivery. It is also a smart investment that offers exceptional return for each dollar invested.

Now is a critical time when countries across the world need to accelerate implementation of lessons from the COVID-19 pandemic and increase investments to close gaps in infection prevention and control (IPC), including hand hygiene.

>>> [Read more here](#)



## HEALTH LITERACY MONTH

Building Awareness Through Action

October 1-31

### Building Health Literacy Awareness Through Action

For more than 20 years, October has been recognized as Health Literacy Month. Join us for this international observance when hospitals, health centers, literacy programs, libraries, social service agencies, businesses, professional associations, government agencies, consumer alliances, and many other groups work together to integrate and expand the mission of health literacy.

Health Literacy Month was founded in 1999 by Helen Osborne and is now brought to you by the Institute for Healthcare Advancement (IHA).

>>> [Here are some tools](#) to help you take action during Health Literacy Month. Use these resources on your digital and social media channels to build awareness of health literacy and encourage others to act.

Don't forget to use the hashtag [#healthliteracymonth](#)

### October is Prenatal-onset GBS Disease Recognition Month

There are three types of GBS disease (prenatal-onset, early-onset, and late-onset) but prenatal-onset is often overlooked or not recognized, which minimizes the potential of GBS to cause thousands of babies to be miscarried, stillborn, or born already sick each year due to being infected by GBS in the womb.

We want to ensure that prenatal-onset GBS disease is recognized, and that more pregnant women and healthcare professionals become aware that pregnancy is a distinct period in which GBS can infect babies.

>>> [Read more here](#)



### October is Sudden Infant Death Syndrome (SIDS) Awareness Month.

In October and beyond, infant caregivers and service/healthcare providers can join [Safe to Sleep](#)® and its partners to encourage safe infant sleep and help raise awareness about ways to reduce the risk of SIDS.

Despite decreases in rates of SIDS and other sleep-related infant deaths, more than one-third of sudden unexpected

infant deaths that occur in the United States each year are from SIDS. Research also shows that unsafe sleep areas, such as those that include non-fitted sheets, blankets, or stuffed toys, remain a leading cause of infant death.<sup>2</sup>

>>> [Click here to read more](#) about Sudden Infant Death Syndrome (SIDS), sleep-related infant deaths, infant mortality, and the [Safe to Sleep](#)® campaign.



RESOURCE BULLETIN

[Click here to view all Clinical resources in our Resource Center](#)



# ADHD AWARENESS

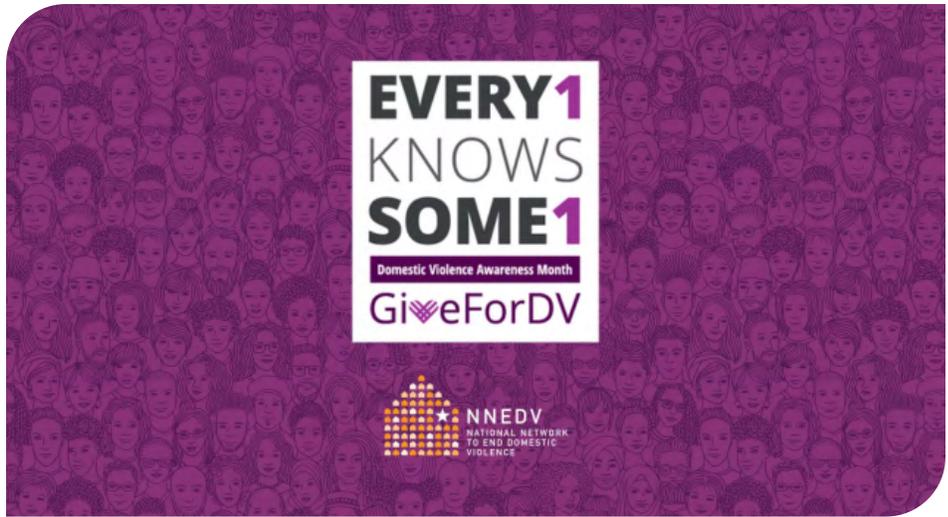
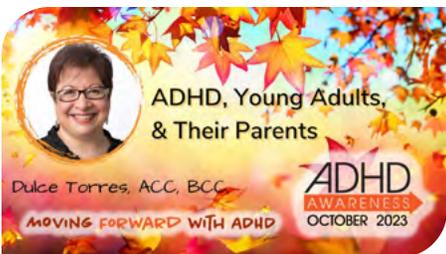
## OCTOBER 2023

**Moving Forward with ADHD**

This October we are partnering with organizations around the world with the shared global goal of dissemination of reliable information about ADHD and its treatments. The 2023 ADHD Awareness Month theme in the United States is "Moving Forward with ADHD."

[>>> Click here for more](#)

Click image below to watch a video on how ADHD can impact young adults and their parents.



## DVAM 2023: #Every1KnowsSome1

Every October, the **National Network to End Domestic Violence** (NNEVDV) joins with their partners, supporters, and allies across the country to recognize **Domestic Violence Awareness Month (DVAM)**.

**#1Thing social media campaign** offers a unifying, comprehensive message to spread awareness of intimate partner violence.

Mark these dates on your calendar now and join the larger conversation around them:

- **October 2nd, 2023: Day of Unity**
- **October 19th, 2023: Purple Thursday**
- **October 22nd-25th, 2023: NCADV Conference**

[>>> Read more here](#)



### Recognizing and Responding to Intimate Partner Violence

Healthcare professionals are uniquely positioned to identify abuse and its consequences. Intimate partner violence (IPV) is prevalent enough that most providers can expect to encounter patients who are struggling with the issue, or who have done so in the past.

IPV, or domestic violence, describes physical, sexual, and psychological violence—including coercive tactics—by an intimate partner. These individuals may include current or former spouses, partners, significant others, or sexual partners.

Violence can result in both immediate injury and chronic health issues. Individuals who are abused are more likely to suffer from health problems such as chronic pain, sleep problems, headaches, digestive problems, sexually transmitted diseases, vaginal infections, urinary tract infections, and depression. Affected individuals may seek treatment for such ailments in health centers and free clinics, hospitals, emergency departments, and other healthcare settings—thereby putting providers and staff members in a position to identify victims of abuse and help them seek treatment.

[>>> Read more here](#)





## Children's Health Month

October is National Children's Health Month. Children are often more vulnerable to pollutants than adults due to differences in behavior and biology, and these differences can lead to greater exposure and/or unique windows of susceptibility.

Children in overburdened and highly exposed communities may suffer from a reduced ability to recover from harmful environmental exposures, due to lowered resilience. This can particularly affect children in low-income communities, as well as children in communities underserved by education, healthcare, and housing.

Raise awareness about the importance of protecting children, especially those in ultra vulnerable populations, from environmental threats where they live, learn and play. Find messaging about each week's focus area.

- **October 1-7:** Protecting children where they live.
- **October 8-14:** Protecting children where they learn.
- **October 15-21:** Protecting children where they play.
- **October 22-28:** **International and National Lead Poisoning Prevention Week**

**Spread the word:** Use the [children's health outreach toolkit](#) to access children's health publications, graphics, social media messaging and more.

>>> [Read more here](#)

## National Bullying Prevention Month

A month-long event to prevent childhood bullying and promote kindness, acceptance, and inclusion.

Share Information in Your Community: [The Importance of National Bullying Prevention Month](#)

Let everyone know that October is **National Bullying Prevention Month**. Post on social media and websites, send articles to newspapers and online publications, and reach out to community leaders.



OCTOBER IS  
**NATIONAL BULLYING PREVENTION MONTH**

### In brief: more October dates

#### **National Sudden Cardiac Arrest Awareness Month**

Sudden Cardiac Arrest is a leading cause of death in the United States, taking the lives of more than 356,000 people each year, including more than 23,000 youth under age 18.

[Click here to learn more](#)



### CALL • PUSH • SHOCK



**Call Push Shock** has been recognized by the Centers for Disease Control and Prevention as a resource to educate the public about sudden cardiac arrest recognition and response. Use these free resources to prepare your family and friends, neighborhood, school, team, workplace and community to save a life.

[>>> Click here for all resources](#)

### **Down Syndrome Awareness Month**

**Practice Inclusion During Down Syndrome Month and All Year Long**

Each year in October we recognize Down Syndrome Awareness Month to raise public awareness about the condition, and advocate for acceptance and inclusion of people with Down syndrome.

People with Down syndrome still face stereotypes and myths, but they've shown time and again that the condition is just one part of who they are and doesn't define them or limit their abilities. That's why it's so important that we help spread the message of love, acceptance, inclusion, and respect.

[>>>Read more](#)



#### **Buddy Walk® Indianapolis 2023**

**Saturday, October 7th, 2023**

Join us for the 2023 Buddy Walk® Indy at White River State Park!

[Find out more](#)

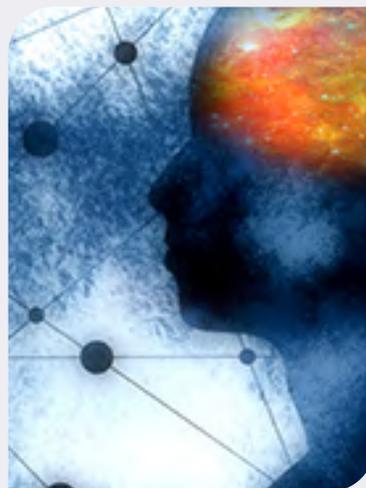
### **Mental Illness Awareness Week**

**October 1 – 7th**

The first week in October is **Mental Illness Awareness Week (MIAW)**, an annual national public education campaign led by the National Alliance on Mental Illness (NAMI), designed to help raise the awareness of mental illness.

This awareness week also coincides with **National Depression Screening Day** on October 5.

[>>> Read more here](#)



### **World Mental Health Day**

**10 October 2023**

**"Our minds, our rights"**

**World Mental Health Day 2023** is an opportunity for people and communities to unite behind the theme 'Mental health is a universal human right' to improve knowledge, raise awareness and drive actions that promote and protect everyone's mental health as a universal human right.

[>>> Read more here](#)



## October is Healthy Lung Month!

We rarely think about breathing except when we have trouble doing so and that's why every October is **Healthy Lung Month**.

Numerous organizations have joined forces to educate the public about protecting our lungs against general neglect, bronchitis, mold, air pollution, and smoking. The bottom line is that if we take care of our lungs, our lungs will take care of us.

Whether you are in perfect health or you are living with a lung condition, there are many things you can do to protect your lungs and maintain your overall health and

Visit the [American Lung Association](#) to find resources to help you care for your lungs and yourself.



Visit our **Events calendar** for all upcoming events



## Respiratory Care Week

Celebrate Respiratory Care Week 2023 (Oct. 22–28) and let your community, patients, and colleagues know how vital you are to patient care.

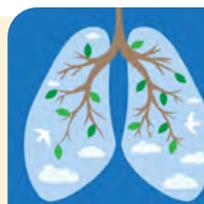
How Will You Celebrate #RCWEEK23

Need inspiration? Check the [Respiratory Care Week Planning Guide](#) to help you organize fun events for your facilities and community. From staff recognition events, future RT recruitment, and community fairs, the [American Association for Respiratory Care](#) got you covered.

>>> [Read more here](#)



## Save the date! National Lung Cancer Screening Day



## NATIONAL LUNG CANCER SCREENING DAY

part of Lung Cancer Awareness Month in November Please join the [National Lung Cancer Roundtable \(NLCRT\)](#), established by the [American Cancer Society](#), and the [American College of Radiology \(ACR\)](#), and the [Radiology Healthy Equity Coalition \(RHEC\)](#), and the Veterans Health Association, in promoting the Second Annual National Lung Cancer Screening Day on Saturday, November 11, 2023.

To participate, we are asking screening centers nationwide to open their doors on **Saturday, November 11, 2023**, and allow individuals to be screened without needing to take a day off work, thereby increasing the accessibility of lung cancer screening overall. By promoting this day to your partners, you will be extending screening opportunities to those unaware of this lifesaving, preventive screening option.

>>> [Find out more here](#)





**WEBINARS & TRAINING**



**UDS Clinical Tables Part 1:  
Screening and Preventive Care  
Measures**

Tuesday, October 3  
1:00-2:30 p.m. ET

[>>> Registration page](#)

**UDS Clinical Tables Part 2:  
Maternal Care and Children's Health**

Wednesday, October 11  
1:00-2:30 p.m. ET

[>>> Registration page](#)

**UDS Clinical Tables Part 3: C  
hronic Disease Management**

Thursday, October 26  
1:00-2:30 p.m. ET

[>>> Registration page](#)



**Leadership Training for Clinical Staff  
- Leading a Diverse Staff**

Hosted by ACU's STAR2 Center

Thursday, October 5  
2:00-3:15 p.m. ET

In this webinar, the STAR<sup>2</sup> Center team will review the foundations of clinical leadership, including how to foster teamwork amongst a diverse staff in an environment that can be frequently stressful and challenging.

[>>> Registration page](#)



**COVID-19 Response  
Program Office Hours**

Tuesday, October 10  
1:00-2:00 p.m. ET

[>>> Join the day of the session](#)



**Today with Macrae: Health Center  
Program Updates**

Tuesday, October 17  
2:00-3:00 p.m. ET

[>>> Join the day of the session](#)

Join by phone: 833-568-8864

Webinar ID: 161 225 0183

**In-Person Event:  
HPV Summit**

The IIC is hosting an HPV Summit - register now! We will discuss how all disciplines and advocates can work together to raise HPV vaccination rates in our state. Continental breakfast and lunch will be served. CME, CNE, and Pharmacy Continuing Education will be offered. We hope to see you!

**Date: October 4, 2023**

**Time: 8:00 a.m. to 12:00 p.m. EDT**

Location: Deaconess Ortho Neuro Hospital Pavillion 3rd floor, 4011 Gateway Boulevard, Newburgh, IN 47630

[>>> Register here](#)



**INDIANA  
IMMUNIZATION  
COALITION**

**In-Person Event:  
IIC 2023 North Membership meeting**

The IIC is hosting its Northern regional meeting - we hope you can join us!

Lunch will be served.

\*\*\*NOTE: this is the same day and location as the Northern Indiana Immunization Task Force meeting (below).

Date: October 12, 2023

Time: 12:00 p.m. to 4:00 p.m. EDT

Location: Swan Lake Resort and Conference Center, 5203 Plymouth Laporte Trail, Plymouth, IN 46563

[>>> Register here](#)

Visit our **Events calendar**  
for all upcoming events



## WEBINARS & TRAINING

### *Learning opportunities with the National Center for Equitable Care for Elders (NCECE)*

#### **Learning Collaborative 4 sessions): Partnering with Older Adults for Chronic Disease Management**

Dates: (Thursdays)

October 19, November 2, November 16,  
November 30, 2023

Times: 2:00-3:00 PM EST

This **National Center for Equitable Care for Elders** learning collaborative will focus on supportive counseling techniques for providers and staff to encourage the development and maintenance of healthy lifestyle behaviors in older adults. Participants will discuss special considerations for chronic disease self-management in this population, including physiological changes and social risk factors.

[>>> More information and apply here](#)

#### **Webinar Series (4 sessions): Health Center Preparedness and Response Forum**

Summary: This four-part series, created by HRSA National Training and Technical Assistance Partners (NTTAPs), will promote promising practices and offer strategies for addressing challenges related to both emergency planning and recovery. This webinar series will focus on preparing for and responding to a wide variety of emergencies, including infectious diseases, natural disasters, extreme heat, and workforce and community supports.

All sessions will be held from 1:00-2:00 PM EST:

- **October 12, 2023:**  
Infectious and Vector-Borne Diseases
- **December 14, 2023:**  
Natural Disasters
- **February 8, 2024:**  
Extreme Heat and Wildfires
- **April 11, 2024:**  
Workforce and Community Supports

[>>> Register here](#)



#### **Webinar: Promoting the Health & Well-Being of Older Caregivers**

Date/Time: Wednesday, November 1,  
2:00-3:00 PM EST

Summary: This webinar will focus on cultural considerations for understanding an informal caregiver's experience as they age, as well as their utilization of related support services. Participants will review supportive strategies to promote the well-being of older patients as they are caring for their loved ones.

[>>> More information / Register here](#)

Visit our **Events calendar**  
for all upcoming events



**IPHCA™**  
**Oral Health**  
**RESOURCE BULLETIN**

IPHCA is committed to supporting Oral Healthcare provision across all our community health care settings within our membership and throughout Indiana.



For further help or to give feedback or provide resources for this section please contact Karla Marin:

[kmarin@indianapca.org](mailto:kmarin@indianapca.org)  
or call: 317.630.0845

[Click here to browse Oral Health resources](#)

### Domestic Violence Awareness Month

## Enhancing Dental Professionals' Response to Domestic Violence

Violence assessment can save lives. Family violence exists in every city, every neighborhood, and every community. Domestic violence is often a silent cycle of physical, emotional and verbal abuse that leaves victims feeling trapped and helpless. Victims do not know where to turn or how to get help.

Nearly one-third of American women (31 percent) report being physically or sexually abused by a husband or boyfriend at some point in their lives. Both men and women are battered by spouses and intimate partners. It is important that all dental professionals are aware of the signs and symptoms of domestic violence. Dentists, dental hygienists and dental assistants can play an important role in stopping the cycle of abuse.

**Seventy-five (75%) percent of the physical injuries are to the head, neck, and/or mouth.** Dental professionals routinely assess the head, neck and mouth areas of their patients and are in a perfect position to identify and treat injuries caused by domestic violence. By assessing for domestic violence and intimate partner violence, in addition to child abuse/neglect and elder abuse/neglect, we can assist our patients in getting help before life-threatening injuries occur. According to a 1998 survey, 9.2 percent of women who sought health care for physical assault by an intimate partner saw a dentist.<sup>3</sup>

**Domestic violence assessment is as easy as oral cancer assessment.** A major focus of dentistry is prevention. Domestic violence assessment can be incorporated into the comprehensive dental examination easily and quickly. Visually scan for signs and symptoms of abuse while examining the patient for oral cancer. Include assessment questions in the patient's health questionnaire, such as "Are you in a relationship in which you have been physically hurt or threatened?"

[>>> Read more here](#)

## October is National Dental Hygiene Month

... a celebration of hard-working dental hygienists and an extra-special opportunity to promote great oral hygiene in our communities.

**ADHA®** and **Colgate® Oral Pharmaceuticals, Inc.** are teaming up once again to feature an incredible lineup of activities to celebrate and keep us inspired all month long.

This year's theme is **Everyday Extraordinary**. While it's easy to see the accomplishments and exceptional leadership of the select few, we often miss the incredible change that we can drive through



our own daily work. With your dedication to patients, commitment to advancing oral health in your community, and upholding the highest standards of practice, you are Everyday Extraordinary.

[>>> Find out more here](#)





### ADHD Awareness Month

#### **ADHD and Dental Care: Resources for Patients, Parents & Caregivers**

Although most people associate ADHD with struggles in school, the disorder affects many areas of a person's life. This includes their overall health and, specifically, their dental health.

Children with ADHD tend to experience higher levels of anxiety and fear during dental visits, making routine dental treatment difficult.

Some of the most common risks faced by those with ADHD when it comes to dental health include:

- Higher incidence of dental caries or cavities due to poor oral hygiene
- Painful injuries or conditions related to neglected dental care.
- Periodontal disease and overall poor gum health
- Greater need for invasive or extensive dental treatments
- Stress and anxiety when visiting dental professionals for exams.

Having ADHD makes it more challenging to maintain good dental health.

[>>> Read more here](#)



### Breast Cancer Awareness Month

#### **Understanding the Link Between Breast Cancer and Periodontal Disease**

Every October in the United States to raise awareness about breast cancer and promote early detection and treatment.

**Early detection:** Breast cancer screening

is an important aspect of early detection and treatment. Dentists can help spread the word about the importance of regular breast exams and mammograms and provide information about resources for breast cancer screening. This can help raise awareness about both **breast cancer** and **oral cancer**, which can have similar risk factors and symptoms.

**Periodontal disease, a condition affecting the gums and supporting structures of the teeth, has been suggested to be associated with certain types of cancer.** A recent review aimed to summarize the relationship between periodontal disease and breast cancer and provided strategies for the clinical treatment and periodontal health care of breast cancer patients.

The findings of the review indicate that there is some evidence suggesting a connection between periodontal disease and the occurrence and development of breast cancer. Both conditions share common pathogenic factors. Periodontal disease may contribute to the initiation and progression of breast cancer through mechanisms involving microorganisms and inflammation. Furthermore, breast cancer treatment, such as radiotherapy, chemotherapy, and endocrine therapy, can impact periodontal health.

[>>> Read the study here](#)

#### **5 dental health tips for cold and flu season**

**When cold and flu season arrives, your teeth may not be at the top of your mind. But having a cold or flu can affect your mouth. Here's what you can do to keep your teeth healthy.**

- 1. Brush your teeth well.** Being sick can be exhausting, but make sure to brush and floss. Spend at least two minutes brushing your teeth twice daily.
- 2. Drink lots of liquid.** Staying hydrated when sick is important because your body needs extra fluid to fight infection.
- 3. Toss your toothbrush.** Once you start feeling better, replace your toothbrush. Your old toothbrush can harbor bacteria and easily reinfect you.



 **DELTA DENTAL**

**4. Gargle with salt water.** Dissolve a tablespoon of salt water in a glass of warm water. Gargle and spit until the water is gone, to reduce harmful bacteria in your mouth and throat, reducing bad breath and plaque.

**5. Choose sugar-free medication.** Many cough drops and syrups are packed with sugar. This sugar can cause tooth decay and harm your gums even when paired with medication.

[>>> Read more here](#)



### **Global Handwashing Day is October 15th**

... dedicated to promoting the importance of hand hygiene in preventing the spread of diseases.

For dentists, hand hygiene is a critical component of infection control in oral health care settings.

#### **How you can help:**

- **Donate hand hygiene products** such as soap and hand sanitizer to local schools and organizations on Global Handwashing Day. This is a great way to promote hand hygiene and prevent the spread of germs in the community.
- Conduct a **hand hygiene audit** on Global Handwashing Day to evaluate their staff's hand hygiene practices. This can help identify areas for improvement and reinforce the importance of hand hygiene in infection control.
- Dentists can hold a **hand hygiene training session** for their staff on Global Handwashing Day. They can use this opportunity to review proper handwashing techniques and reinforce the importance of hand hygiene in preventing the spread of germs in the dental office.

**>>> [Click here for handwashing tips from CDC](#)**

### **National Down Syndrome Month**

## *Dentistry & Down Syndrome*

Dental care is important for everybody, but people with Down syndrome can have several differences that can require special attention.

**What is different about the teeth of people with down syndrome?**

- **Delayed eruption** The teeth of people with Down syndrome, both baby teeth and permanent teeth, may come in late compared to children without Down syndrome. On average, babies with Down syndrome get their first teeth at 12 to 14 months, but it may be as late as 24 months of age. Babies without Down syndrome typically get their first teeth between 6-12 months. It is typical that a child with Down syndrome may not get all 20 baby teeth until he or she is 4 to 5 years of age, rather than 2-3 years of age, which is typical for children without Down syndrome.
- **Small and missing teeth** Frequently, people with Down syndrome have smaller than average teeth and missing teeth. It is also common for the teeth of people with Down syndrome to have roots that are shorter than average.
- **Large tongues** People with Down syndrome may have large tongues or they may have an average size tongue and a small upper jaw that makes their tongue too large for their mouth. It is also common for people with Down syndrome to have grooves and fissures on their tongues.
- **Problems with bite** People with Down syndrome may have small teeth, which can cause spacing between the teeth. They also tend to have a small upper jaw. This may cause crowding of the teeth and may result in the permanent teeth being "impacted" because there is no room in the mouth for them to come in ...

**>>> [Click here to read this article in full, with additional resources:](#)**

#### **NYU Researcher Receives Grant to Study Oral Health in Those with Down Syndrome**

Rodrigo Lacruz, PhD, MSc, a molecular pathobiology professor at New York University (NYU) College of Dentistry, secured a \$1.5 million grant from the National Institute of Dental and Craniofacial Research and the National Institute of Health's INCLUDE project.

**>>> [Read more](#)**

#### **Comparison of Dental Plaque Flora Between Patients with and Without Intellectual Disability**

Periodontal diseases, including gingivitis, are highly prevalent in individuals with intellectual disability (ID). In particular, gingivitis can be difficult to cure owing to the lack of patient cooperation.

**>>> [Read more](#)**





### Webinar

#### **Clean: Maintaining a Disinfected Patient Care Area**

Wednesday, October 4,  
4:00 PM - 5:30 PM ET

From the moment a patient enters the operatory, we should be confident that the treatment area is clean and disinfected. Our patients rely on us to provide safe dental care, which includes an operatory setting that controls the transmission of disease-causing pathogens. Proper use of appropriate cleaning products and procedures are vital to prevent cross-contamination. This webinar will walk you through the process of thorough dental environmental surface cleaning and disinfection before and after patient treatment.

After participating in this webinar, participants will be able to:

- Discuss the role that dental environmental sources play in pathogen transmission;
- Discuss cleaning and disinfection strategies of patient care areas;
- Discuss EPA-registered cleaners and disinfectants.

**>>> Register here**

**>>> Click here for details on these resources**

### Article

## *The Link Between Lung Conditions and Your Oral Health*

Healthy teeth and gums play a crucial role in the overall health of your body. Obviously, they help us break down food so our bodies can absorb essential vitamins and nutrients.

But did you know oral health also plays an important part in the health of your lungs? Not only can oral problems exacerbate lung disease symptoms, but treatment for lung disease can also harm your teeth and gums. Learn more about the link between your mouth and lungs and what steps to take for optimal health.

#### **How Oral Health Problems Can Impact Your Lungs**

Bacterial infections cause oral health problems like cavities and gingivitis. It's not widely known, but you can breathe these bacteria into your lungs on tiny droplets of saliva. Healthy immune systems can help protect most people's lungs from these bacterial invasions. However, compromised immune systems and disease-damaged lungs may not be able to defend themselves. This puts you at risk for conditions like pneumonia or can make existing lung problems worse.

**>>> Read the full article here**

### Webinar

## *Expanding Access to Oral Health Care for Veterans*

October 19, 2023 at 1pm ET

Many veterans struggle to access high-quality oral health services. Health centers are uniquely positioned to increase veterans' access to oral health care. Earlier this year, **NNOHA** and the **American Institute of Dental Public Health (AIDPH)** partnered to publish a compendium of veteran oral health best, promising, and emerging practice approaches. This webinar will describe the current status and data trends of oral health for veterans. It will also highlight two organizations from the publication to describe their strategies to increase access to oral health care for veterans. ICDE will be offered.

**>>> More info and Register here**

## **2023 Halloween Candy Buy Back program**

**The Halloween Candy Buyback Program** is a national effort anyone can join by simply collecting excess Halloween candy and shipping it to the Move America Forward Operation Center. The candy will be put into military care packages that will be sent to support the brave men and women serving our country overseas!

**>>> To register and find out more click here**



# IPHCA™ Outreach & Enrollment

## NEWS & UPDATES



To give feedback or provide resources for the O&E section of this newsletter please contact Jenny Walden:

[jwalden@indianapca.org](mailto:jwalden@indianapca.org)  
or call: 317.630.0845

### 2024 Assister Certification Training Modules Now Available!

When determining if you utilize your Navigator number or your CAC number keep this in mind.

CMS and the State of Indiana use Navigator to describe assisters. UNLESS you have received funding from CMS for the Federal Navigator Grant, you will utilize your CAC number.



[Click here to download CMS Guide to Assister training for 2024](#)



## #Ask A Navigator

IPHCA received additional funding from HRSA to help with the unwinding of the continuous enrollment of Medicaid.

13 health centers participated in this funding.

**Centerstone, Family Health Clinic, HealthLinc, Indy HealthNet, Jane Pauley, LifeSpring, Meridian Health, Neighborhood Health Clinic Ft Wayne, Neighborhood Health Center Richmond, Riggs Community Health Center, Southern Indiana, Valley Professionals.**

Contact **Jenny** for more information on this promotion

Shannon Nicholson and Becca Jones with Neighborhood Health Center (Richmond)



Kara with her family

## Navigator Spotlight

**Who are you, what is your name?** Kara Fields

**How long have you been a Navigator?** 2 years

**Do you have any other certifications that align with your Navigator role?** SHIP counselor

**Where do you work?** Windrose Health Network

**What is something that makes you proud of the organization that you work for?**  
The level of care we take for our patients. As a clinic our patients' wellbeing is our first priority.

**What is your favorite part of your job?** I would say my favorite part of my job is helping our patients with their healthcare needs.

**Something about your life that you enjoy.** I really enjoy kayaking and capturing the splendor of nature. It amazes me every time.

Kara Fields,  
CIN, CAC, SHIP Eligibility Navigator

**Windrose Health Network**  
[kfields@windrosehealth.net](mailto:kfields@windrosehealth.net)



[Click here for the latest Medicaid Unwinding updates ...](#)  
Including **CMS Train the Trainer - presentation**



**IPHCA™**  
*Outreach & Enrollment*

**NEWS & UPDATES**

Click here to view our  
**O&E resources**



*Medicare Open Enrollment is coming soon ...*

**October 15 – December 7**

Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks.

October 15 to December 7 is when all people with Medicare can change their health plans and prescription drug coverage for the following year to better meet their needs.

For more information, you can visit [www.medicare.in.gov](http://www.medicare.in.gov) or Call **1-800-452-4800** for free impartial plan comparisons.

If you are currently not an enrollment site or a SHIP Counselor and would like to be, please contact **Jenny Walden** [jwalden@indianapca.org](mailto:jwalden@indianapca.org)

**Medicare Open Enrollment:**

*Medicare Plan Finder (MPF) Training Series*

Thursday, October 12, 2023 | 2:00-3:30 pm ET

ACL is offering a 2023 Medicare Open Enrollment Medicare Plan Finder (MPF) training series with two parts.



*New food stamp & SNAP requirements start in September*

**What the changes mean for you**

New food stamp requirements take effect Sept. 1, and additional changes are coming next month as part of the debt ceiling deal negotiated in May between House Republicans and President Joe Biden.

Congress made changes to the Supplemental Nutrition Assistance Program, the country's largest food aid service, that expand the age requirements for food stamp recipients who are considered able-bodied adults without dependents.

>>> [Read the full article at USA Today](#)

**SNAP Work Requirements - info from USDA**  
New changes are happening with SNAP and work requirements.

SNAP has two sets of work requirements, the general work requirements and the able bodied adult without dependents work requirements.

>>> [For full details, click here](#)



**Part One** requires self-paced study using on-demand, recorded video demonstrations of the Medicare Plan Finder. These videos will be available in the SHIP Resource Library around October 9, and there will be an announcement.

**The videos will demonstrate:**

- Conducting Medicare Advantage (Part C) and Medicare Drug Plan (Part D) comparisons
- Navigating duplicate pharmacies entries - ... **and more**

**Part Two - Live webinar**

Thursday, October 12, from 2:00 – 3:30 p.m. ET, ACL will host a live webinar.

It will address the following topics:

- Best practices for preparing for an in-person or remote session with a beneficiary
- Administration for Community Living (ACL) guidance on Medicare.gov accounts
- ... **and more**

>>> [For full details and to register click here](#)



## RESOURCE BULLETIN

IQIN is a constituent network of community health centers within IPHCA, who work together to improve the quality and value of care provided to Indiana's most vulnerable residents.

By using health information technology and data, health centers are able to change the way they deliver care to produce better health outcomes for their patients.



For further help or to give feedback or provide resources for IQIN please contact Laura Totten

[ltotten@indianapca.org](mailto:ltotten@indianapca.org)  
or call: 317.630.0845

Click here to view all  
**[IQIN / QI resources](#)**

### Webinar

## Focus on Quality: Caring for Patients in Recovery

October 19\* / Noon Eastern

**Focus on Quality** is a webinar series where Indiana's community health centers work collectively to address the needs of the populations they serve every day. Every month, Focus on Quality will highlight a specific population and feature content experts and identified tools, along with peer best practice sharing, to improve the health and well-being of that population.

**October's population of focus is patients in recovery.**

Please reach out to Maggie Kroeff ([mkroeff@indianapca.org](mailto:mkroeff@indianapca.org)) for an invite to the series.

>>> [Click here for meeting details](#)

>>> [Click here for an overview of the Focus on Quality program](#)

>>> [Click here for all FoQ resources](#)

## Focus on Quality

**POPULATION  
HEALTH SERIES**

## Quality Improvement resources for: Breast Cancer Awareness Month

### Implementing USPSTF Recommendations for Breast Cancer Screening and Prevention by Integrating Clinical Decision Support Tools with the Electronic Health Record

Breast cancer is the most common cancer among women in the United States excluding nonmelanoma skin cancer. While clinical recommendations for breast cancer screening and prevention are contingent on age and risk factors, tools to determine eligibility are not widely used in clinical practice. This research develops a method to integrate clinical tools with electronic health records (EHR) to improve breast cancer screening and prevention.

>>> [Read more](#)



## Domestic Violence Awareness Month

### Tips to Help you ID Intimate Partner Violence via Telehealth

CDC statistics show that one in three women and one in four men have experienced IPV during their lifetime. That's why it is so important for physicians to screen their patients about IPV. Unfortunately, though, physicians are finding it more difficult to ask screening questions and provide support when they are often seeing patients via telehealth, a mode of care whose use has skyrocketed during the COVID-19 pandemic ...

>>> [Read more](#)



## Health Literacy Month

### CDC's Guiding Principles to Promote an Equity-Centered Approach to Public Health Communication



A public health practitioner's mission is to protect and promote the health of all people in all communities. Components of being successful in that mission include understanding who is at risk of negative outcomes, identifying effective actions to promote and protect health, and communicating information accordingly ...

>>> [Read more](#)

## National Bullying Prevention Month

### Fast Fact: Preventing Bullying



Bullying is widespread in the United States. Bullying negatively impacts all youth involved including those who are bullied, those who bully others, and those who witness bullying, known as bystanders ...

>>> [Read more](#)



RESOURCE BULLETIN



UDS 2022 Wrap Up

HRSA has recently released the complete UDS 2022 data set, including data for all the clinical quality metrics for the 39 community health centers here in Indiana. There are a variety of key takeaways that can be gleaned when comparing network-wide data from last four years.

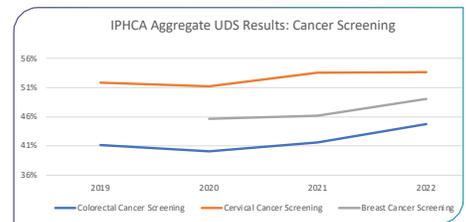
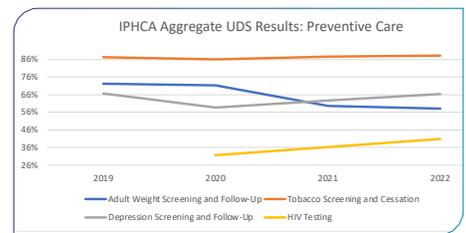
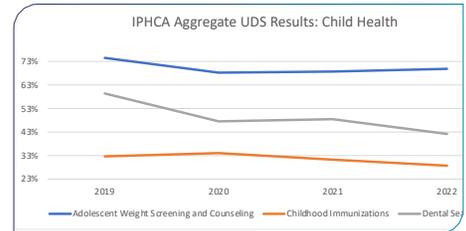
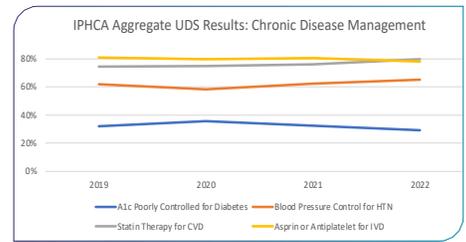
• **Successes**

- Poorly Controlled A1c for Diabetic Patients is below 30% for the first time ever
- HIV testing has jumped by nearly 10% in the past two years
- All cancer screening metrics are trending upwards
- When using 2019 as a baseline, IPHCA CHCs have returned to, or surpassed,

pre-pandemic quality results for seven measures

- Between 2021 and 2022 Indiana improved on the same CQMs as the nation as a whole except for Dental Sealants for Children
- **Areas for Improvement**
- Childhood Immunizations has fallen for the second year in a row after peaking in 2020
- Dental Sealants for Children and Adult Weight Screening and Follow-Up are trending downward
- Asprin or Antiplatelet for IVD is trending downward

To view more UDS data at the center level, visit the [PowerBI Dashboard](#).

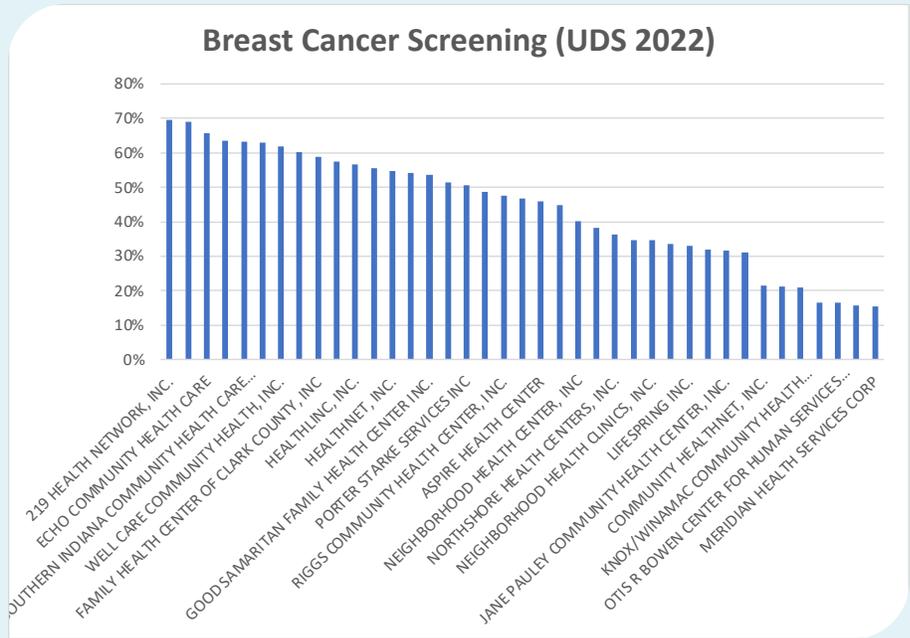


**UDS Data Spotlights: Breast Cancer Screenings**

Each month, IQIN will be highlighting metrics from the UDS 2022 data. This month, we are highlighting data on Breast Cancer Screening.

For more data, visit our recently updated >>> [Dashboard](#)

Context: This graph shows the percentage of patients assigned female at birth age 50-74 who were seen in 2022 and had a mammogram within the qualifying time period. The denominator for this metrics includes all women between the ages of 51 and 73 at the start of the year, who had a medical visit during 2022. The numerator includes only those women who had at least one mammogram during the 27 months before the end of 2022. Patients who had a bilateral or both a right and left unilateral mastectomy were excluded as well as patients who were in hospice care during the year. Patients age 66 and older who lived in an institution for more than 90 days or had advanced illness and frailty were also excluded.





## RESOURCE BULLETIN



### #HealthHub:

#### Social Media Content for Your Community

It's Breast Cancer Awareness Month! Use the resources and graphics created by the George Washington University at the bottom of the link to raise awareness about breast cancer with your social media followers.

[>>> Get the social media kit here](#)

**Breast Cancer Awareness Month** is an annual observance held in the month of October. It is intended to raise awareness about breast cancer, the second most common cancer among women in the United States (Centers for Disease Control and Prevention, 2021). This breast cancer awareness month campaign can help your organization implement evidence-based practices when communicating about breast cancer.

[Click here to view all IQIN / QI resources](#)

### FAO - FQHCs and LALs only

## Annual State-Based 2023 Uniform Data System (UDS) Training



The annual UDS training will be conducted virtually in a series of two trainings as follows.

- Monday, November 6, 2023
- Tuesday, November 7, 2023

Participants should plan to attend all sessions for a full and comprehensive understanding of the complete UDS report.

#### Objectives:

- Understand the who, what, when, where, and how of UDS reporting.
- Discuss common reporting errors and tips for success
- Review key resources and supports available.

#### Attendees will:

- Gain an understanding of reporting the UDS, including the patient profile, reporting clinical services and quality of care indicators, operational and financial tables, and other required UDS reporting forms.
- Learn about the new requirements included in 2023 reporting.
- Learn tips for success, including strategies for submission.
- Receive valuable resources that provide further reporting guidance.

[>>> Click here for further details](#)

### The KLAS Corner

Register using your community health center's provided email address, and you will have access to all the resources KLAS provides.

[>>> Click here for more](#)



### Successful EHR Upgrades

#### How to Maximize Impact and Prevent Clinician Frustration

EHR upgrades are vital for continually improving technology, meeting regulatory requirements, expanding functionality, increasing user efficiency, and ultimately improving patient care. To help healthcare organizations make upgrades smoother and more impactful for users, this report shares insights on the widespread phenomenon of user frustration with upgrades and recommends steps organizations and EHR vendors can take to improve.

[>>> Read more here](#)

