

Steps Newsletter

Strong communities where all people are active, healthy and free of the burden of chronic disease.

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STEPS Nursing Case Management at Harborview

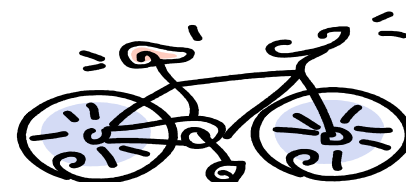
Bikeworks has a new Executive Director

by Dawn Corl, RN, MN, CDE

The Harborview Asthma and Diabetes Nursing Case Management Project has completed its second year. The target group of patients in this project are those at the most risk, with the fewest resources: patients who use the Emergency Department for their primary care needs. So far, 731 patients have been identified and contacted. 201 of these patients were telephonically case managed ,and 132 of the 201 patients have been linked to ongoing care.

Nursing case management is the putty that fills some of the cracks in the health care system to help a disenfranchised group of people dealing with limited resources and a chronic illness get access to care. To be successful, the nurse case manager triages, addresses barriers and helps patients self-manage their chronic disease. Interventions include advocating for earlier appointments, and consulting with the STEPS Medical Advisor to change medications or order needed lab tests. It is important to find out why the patient has not had primary care. Much of the time the barrier is lack of health care insurance, but there is a long list of other barriers, including homelessness, mental health and substance abuse issues, low literacy, language and cultural issues. By using motivational interviewing techniques and offering information and classes, the nurse case manager sets the stage for the patient to maximally benefit from primary care in the clinics. After the patient has kept one to three primary care appointments, the nurse case manager “discharges” the patient from case management to clinic care. If the “discharged” patient returns to the Emergency Department for any reason or additional problems are found in the 3-6 month follow-up phone call, their case is reactivated and the process starts all over again.

The next step at Harborview is to expand the role of nursing case management and incorporate elements of this role into the primary care clinic nurse’s job.



In January 2006 Bike Works welcomed a fabulous new Executive Director. The nationwide job search resulted in the choice a local person who is a perfect fit for Bike Works. Her name is Dara Ayres, and she has extensive non-profit experience, including a year as an interim Director. She also has a Masters Degree in Public Administration with a concentration in Non-Profit Management from the Evans School of Public Affairs at the University of Washington.

The Bike Works staff is excited to have her on board, and we hope you will come down to Columbia City, meet her and hear about the great things we are up to in the coming year.

www.bikeworks.org

Steps Issues in the News



Podcast fitness: Personal trainers to go

seattletimes.nwsourc.com/html/health/2002895656_healthpodcast29.html

Because We Care - American Cancer Society Workplace Wellness Newsletter

hosting.mansellgroup.net/enablemail/acs/becausewecare/Apr/bwcapr.htm

Obesity Rates in Women Hold Steady

seattletimes.nwsourc.com/html/health/2002911212_fat05.html

Study: Exercise Helps Seniors Excel in Fitness

seattletimes.nwsourc.com/html/health/2002905200_exercise02m.html

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King County Council vows action to reduce disparities in public health

“African American males here in King County, when compared to white males, our life span on average is eight years shorter. Now I don’t know about you but eight years is a long time. I would like to have those eight years!”

The crowd of more than 200 laughed with King County Council vice-chair Larry Gossett, but the gathering at First A.M.E. Church in Seattle’s Central Area somberly focused on the disturbing disparities in public health in King County that break along racial, gender, ethnic and economic lines. A new report from Public Health – Seattle & King County shows that these disparities are large and persistent, and in some cases getting worse.

King County, with its regional responsibility for public health, this year is working on a Public Health Operational Master Plan (OMP) to help ensure that all residents have the opportunity to create and access conditions that support their health.

Please see STEPS extranet site for complete article.



Feet First develops West Hill dossier

Feet First developed the West Hill dossier as a part of our Active Community Environments project. The dossier includes history, transportation assessment, demographics, key organizations and contact information for the people to know in the area. We are pleased to share the dossier with those who are or will be working in the area. Contact us for the electronic copy of West Hill dossier (25 pages in pdf): shoko@feetfirst.info or 206.652.2310.

Upcoming Events

- **ALAW Asthma Educator Training** 4/24 and 4/25
(costerhaus@alaw.org)
- **African American Kidney Health Fest** May 6, 2006 from 9:00am to 1:30pm at the African American Academy
- **Columbia City Walks!** Saturday, May 13th, 10:30 to 1:00pm Columbia City Business District, Rainier Ave. S and S. Edmunds St.
- **ALAW Asthma Walk** 4/30/06
(www.asthmawalk.org)

Steps Extranet site

To access the extranet site www.kcsteps.org send an e-mail to Jeff Ing at: Jeff.ing@metrokc.gov and he will give you a password for the site.

To comment on or submit articles to the Steps newsletter please contact Diana Vinh at Diana.vinh@metrokc.gov Please submit articles by the first of each month to be included in that month’s newsletter.

Neighborhood Health Advocacy Committees



This photo was taken at the Neighborhood Health Advocacy Committee (NHAC) in Rainier Valley. Guest presenter was American Lung Association of WA’s Advocacy Manager, Carrie Nyssen who taught us how to advocate for fresher foods from our local grocery.

The Rainier Valley NHAC meets every 4th Wednesday of the month from 6 to 7PM at the New Holly library meeting room: 7054 32nd Ave So. Seattle 98108. Community Coordinator is Donnetta Jamerson, at 206-760-9921.

Please contact Rose Long to learn about more NHAC groups: rlong@ALAW.ORG

Mayor Nickel’s Climate Protection Commission

Mayor Nickel’s Green Ribbon Commission on Climate Protection has recently released recommendations, making Seattle a leader for cities in the US and the world to meet the Kyoto Challenge. Several of the recommendations are in alignment with policies that Steps has been promoting. Specifically, among the recommendations are:

- #2. Significantly expand bicycling and pedestrian infrastructure.
- #5. Expand efforts to create compact, green, urban neighborhoods.
- #8. Significantly reduce emissions from diesel trucks, trains and ships.

For summaries and the full report go to: www.seattle.gov/climate/report.htm

“Happiness is nothing more than good health and a bad memory.” - Albert Schweizer

