



INSIDE AHEC

Winter 2009

Meet Carsten Frey, DDS



Dr. Carsten Frey, at the Cambridge Dental Center

Almost every Tuesday for the past year Carsten Frey, DDS and his mentor Scott Wolpin, DMD have been at this Eastern Shore Area Health Education Center for a Teleconference from Lutheran Medical Center, New York City. The Teleconference is a one-year residency program designed to sharpen Dr. Frey's dental skills he learned from years of training at the University of Maryland Dental School. Now Dr. Frey has joined Choptank Community Health Systems, Inc., and will work in their new dental facility in Goldsboro, Maryland.

Dr. Frey's journey to Goldsboro began when he was born in Charleston, West Virginia. His father is a practicing dentist in

Williamsburg, Virginia and helped influence his career choice from the theater to the dental suite.

After graduating from Maryland in 2007 Dr. Frey became part of the year-long residency program sponsored by Choptank and offered by the Lutheran Medical Center. The fact that it was offered in a rural area suited Dr. Frey because it reminded him of the small town environment he experienced in Charleston. The Eastern Shore has the rural atmosphere enjoyed by Dr. Frey and he liked the private practice feel of the residency program. ***"The rotation with the AHEC has allowed me to act as a provider, benefit from the experience with Choptank. It has given me confidence in procedures. Unlike medicine, dental residency is not required, but I believe a Dental Residency would be beneficial to any dental student before they graduate. You get to know basic dentistry, which allows you to polish your techniques. It is a spectacular program."***

In the medical field, location of a resident program and the experiences gained are often the key factors to where an individual decides to practice. This has proven true with Dr. Frey, and his experience with Dr. Wolpin, Chief Dental Director of Choptank Community Health Center. ***"This is the first time I had seen a federally-qualified health center, and saw them provide excellent and skilled full service with great professionalism."*** Dr. Frey stated that he has enjoyed doing pediatric dental care.

The Goldsboro office will have seven dental chairs, digital charting and x-ray on site. He hopes to receive Rosetta Stone software to help him with language barriers. A full-time interpreter will also be available. Dr. Frey has no regrets on his choice of careers and move from the theater stage to the dental suite. His resume shows many years of study, and now he is serving humanity on a different stage. Our region has a new dentist and the AHEC welcomes Dr. Frey and is pleased to have assisted in his locating to the Shore.



Dr. Frey with Dr. Scott Wolpin, DMD, Chief Dental Officer for Choptank Community Health System

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MISSION STATEMENT

To recruit and retain health care professionals and build healthy communities through educational opportunities and collaborative partnerships.

VISION STATEMENT

Enhance the knowledge and availability of health care professionals on the Eastern Shore.

Learning Resource Center

The Teen Health Initiative is an outreach project led by the Eastern Shore Area Health Education Center to increase student awareness of the importance of utilizing quality websites to find accurate and reliable health information. Funded by the National Library of Medicine, Carole Wade, Learning Resource Coordinator, and Cyndi Slacum, Health Careers Coordinator, are excited to have the opportunity to continue working with high school students in Talbot County for another year and expand our project to include Dorchester County high schools. This outreach project includes the active participation of the AHEC with the Talbot County Free Library and the Dorchester County Public Library, as well as the four public high schools in the two counties. The goals of the Teen Health Initiative include introducing good health resources on the internet to benefit teens and their families, promoting health care careers using internet resources, and promoting the use of public library resources to students from home or school. Classroom presentations in the high schools will continue throughout the school year encouraging students to continue accessing the web to find accurate health information.



Easton High School participating in the Teen Health Initiative

Carole Wade

NEW

Mini Med School for the Mid-Shore is Coming in the Spring

The Eastern Shore Area Health Education Center is planning a Mini Med School this Spring. Mini Med School is a public education program offered by more than 70 medical schools, universities, research institutions, and hospitals across the nation. The program is a lecture series on diseases and health issues, including basic biomedical scientific information typically studied by "real" medical students. Successful Mini Med Schools have already been held in Western Maryland, Baltimore, and the Lower Eastern Shore.

The Mid-Shore Mini Med School will be held on four consecutive Wednesdays, March 11 through April 1, 2009 at Krystal Q in Easton from 6-8:00 p.m. The topics will be Cancer and Clinical Trials, Pain Management and Addictions, Diabetes and Obesity, and Health and Wellness. The Mid-Shore Mini Med School is made possible through funding from the University of Maryland Baltimore and is free to the public. Pre-registration is required and students are expected to attend each week. "Graduates" will receive a Mini Med School T-shirt and "diploma."

If you are interested in being a sponsor or exhibitor for the Mid-Shore Mini Med School, contact Donna Wilson at the Eastern Shore Area Health Education Center at 410-221-2600 or esahecgaite@yahoo.com.

**REFRESHMENTS
WILL BE SERVED**

Donna Wilson and Jeanne Bromwell

CLINICAL TRIALS

The Eastern Shore AHEC had the exciting opportunity to host a program with the University of Maryland School of Medicine on December 10, 2008 to kick off MPACT (Maryland Program Advancing Clinical Trials). The program was entitled "Clinical Trials – Removing the Mystery and Stigma of Research" and was held at the Hyatt Regency Chesapeake Bay where more than 70 participants had the opportunity to listen to presentations from Dr. Claudia Baquet and Dr. Mary De Shields. Their presentations provided information on the role of clinical trials in health, how to access clinical trials, what they are and why they are important. The audience was comprised of community members and health professionals and they actively participated by asking questions and offering to assist with future MPACT efforts. Funding for this program was provided by *Maryland Cigarette Restitution Fund, NCI Maryland Community Network Program (Grant number NCI U01 CA 144650) and NIH/NCMHD P60 Center of Excellence (Grant number NCMHD/NIH MD 000532).* *Jeanne Bromwell*



Dr. Claudia Baquet; Associate Dean ; University of MD-Baltimore, Jacob Frego, Executive Director AHEC, Roger Harrell, Dorchester County Health Officer, Jeanne Bromwell, Deputy Director AHEC, Dr. Mary De Shields, Shore Health Systems, Inc.

Aging Simulation Sensitivity Training (ASST) at Comfort Keepers.

The Eastern Shore Area Health Education Center and Comfort Keepers of the Mid Shore Combine Efforts to Recruit Elder Care Workers to Fill Workforce Needs

How does the current economic environment, health care workforce shortages and aging baby boomers result in a unique employment opportunity? William (Bill) and Jean Shrieves, owners and operators of **Comfort Keepers of the Mid Shore**, recognize that there are many displaced workers on the Shore as a result of the economic environment. They realize that many of these workers might consider joining the health care workforce. Their particular goal is to train workers who can provide elder care services to the increasing aging population on



Comfort Keepers of the Mid Shore Owner/Directors Jean & Bill Shrieves (2nd & 3rd from left) gathering with the staff who participated in the seminar.

the Eastern Shore. Their company, **Comfort Keepers**, is a licensed Residential Services Agency which offers both Companion Care and Personal Care Services to residents of Kent, Queen Anne, Talbot, Caroline and Dorchester Counties on the Eastern Shore of Maryland.

The Shrieves recently hosted a seminar in Easton to familiarize participants with elder care and to encourage those interested to become professional caregivers. Eastern Shore AHEC Special Projects Coordinators Jean Baker and Audrey Wahl were invited to present an ASST workshop as part of the program. During the ASST workshop, participants experienced how it feels to have difficulty walking along with impaired vision, hearing and touch, which are sensory losses common to normal aging. Lively discussion explored psychosocial losses also experienced by many older people. After the workshop participants said they had a fuller appreciation of sensory loss and would be more patient and tolerant when interacting with older people.

ASST Coordinator Audrey Wahl and Jean Baker will work with Bill and Jean Shrieves in the future as they plan additional workshops directed at health care employment opportunities. *Audrey Wahl and Jean Baker*

Youth Health Service Corps

An exciting new project is a focus of the Health Careers program at the AHEC this school year. Piloting in Dorchester County high schools, led by the AHEC, the Youth Health Service Corps (YHSC) is beginning. A small group of students interested in both health careers and community service are joining the YHSC. The purpose of the YHSC is to mobilize high school students to provide volunteer service while developing a national pipeline of future health care practitioners prepared to serve our nation's most vulnerable populations.

The students will be focused on volunteer placements in health-related facilities. They will be given mandatory orientation and training, then will be able to register on-line into the national registry. The national pipeline registry also will help determine how many students are planning a career in health care. A minimum of ten volunteer hours will be completed by each student after they complete the first training sessions. Special recognition will be offered to these students by the AHEC's YHSC program and the Learn and Serve program. Outstanding students will be eligible for national recognition.

Training sessions will focus on issues such as vulnerable populations, cultural competency, CPR, disease prevention, and health career exploration. Field Trips will be included as part of the curriculum. In addition, the students will learn about the importance of hand washing to control infection, confidentiality, and appropriate attire and actions in a health care setting.

Parents are an important element and resource for the YHSC program, since they will be responsible for transportation of the students, except for field trips. One field trip planned for the YHSC students will be to the University of Maryland School of Medicine. *Cyndi Slacum*



Students from Cambridge South and North Dorchester High Schools participate in the Martin Luther King Jr. Day of Service. This volunteer activity is part of the Youth Health Service Corps. Some students are pictured at sites in the community including the AHEC, The Drug Store, Dorchester County YMCA, Delmarva Community Services, Chesapeake Woods, and Pleasant Day Medical Adult Daycare Center. Thank you to all cooperating sites.

Meet Bonnie Sampson

Bonnie Sampson came to the AHEC Center as a temporary Trainee under a program sponsored by the Upper Shore Workforce Investment Board (WIB). Unemployed after almost 25 years of assembly line work. Ms. Sampson was forced to consider different employment opportunities with the closing of the Icelandic Plant in Cambridge.



Work at the Center was initially challenging for Ms. Sampson. There were new work activities, new co-workers, and the need to multi-task – all different than the assembly line. However, Bonnie persevered and with her winning personality soon became a welcomed and valuable member of the AHEC family —so much so that when the WIB Program ended the AHEC contracted with her to continue working on a part-time basis.

Bonnie's days at the Center are now over as she has secured contractual employment with the Dorchester County Department of Social Services. We will miss Bonnie Sampson, wish her the best of luck, and proudly point to her as an example of the success of hard work and perseverance.

Geriatric Assessment Interdisciplinary Training (GAIT)

Hospice of Queen Anne's Hosts GAIT

On November 5 and 6, 2008, Hospice of Queen Anne's hosted a Geriatric Assessment Interdisciplinary Team (GAIT) training program at their new facility in Centreville. GAIT is designed to introduce health care students to geriatrics and the importance of interdisciplinary teams in the assessment and treatment of older adults. The program is coordinated by the Eastern Shore Area Health Education Center and is funded by a University System of Maryland Redeployment Grant to the Geriatrics and Gerontology Education and Research (GGEAR) program at the University of Maryland Baltimore and by the Johns Hopkins Geriatric Education Center Consortium.

Ten participants, including 5 Pharmacy and 3 Medicine students from the University of Maryland Baltimore and 2 Gerontology students from Towson University, attended the training program at Hospice of Queen Anne's. Students had the opportunity to attend the facility's interdisciplinary team meeting and hear the professional staff discuss their patients from a medical, pharmacy, nursing, social work, bereavement, and spiritual perspective. The students were then divided into smaller interdisciplinary teams and given the opportunity to review patient charts and interview both patient and family members. Working as a team, students then developed and presented a treatment plan to the Hospice staff.



Health care students participated in a 2-day GAIT training program in November at Hospice of Queen Anne's in Centreville. Pictured are (L-R) Front Row: Rebecca Newell, Kyle Snyder, Justin Mathew, Sheila Song; Back Row: Peg Drew, Robin Coarts, Shayna Rich, Andrew Ditto, Becca Wright, Steven Shannon.

The GAIT experience also included several lectures. **Carol Masden, LCSW-C**, Director of Social Work at the Eastern Shore Hospital Center in Cambridge, introduced the students to **Interdisciplinary Teams** and facilitated discussions about team experiences. **Lynn McPherson, PharmD, BCPS**, a Professor at the University of Maryland School of Pharmacy in Baltimore, presented the topic, **Hospice Medications**, to students and Hospice staff. The aging simulation exercises introduced the students to some of the sensory losses often experienced by the elderly. Wearing special glasses that simulate loss of vision due to cataracts, stroke, glaucoma, and macular degeneration, the students attempted to perform daily tasks, such as reading a newspaper or medicine bottle. Wearing gloves with cotton balls in the fingertips to simulate decreased sense of touch, students attempted to sew and button a shirt. Students also discovered that the combined sensory losses made it extremely difficult to organize and take medication correctly. Students commented that they "gained an appreciation for the eyesight difficulties in the elderly" and learned how tactile stimulation is decreased, which can be dangerous when doing everyday activities.

According to the student evaluations, 100% rated GAIT and its various components Good to Excellent. Students felt the best parts of the experience were spending time talking to the patients and participating in the interdisciplinary team meeting. One student summed it up by saying GAIT was a "great learning experience."



In appreciation for hosting a GAIT training program, representatives from Hospice of Queen Anne's (HQA) accepted a plaque. Pictured are (L-R) Donna Wilson, GAIT Coordinator at the Eastern Shore Area Health Education Center; Georgia Wilkison, RN, Quality Manager at HQA; Lisa Adkins, RN, Hospice Center Manager; and Reba Cornman, Director of the Geriatrics and Gerontology Education and Research Program at University of Maryland Baltimore.

Additional GAIT programs will be held on the Eastern Shore in Spring 2009: **March 5 & 6, 2009** at **Peninsula Regional Medical Center** in Salisbury, MD

Topic – **Transition of Care for the Elderly** with **Dr. John Burton** and **Jane Marks, RN, MS**

March 19 & 20, 2009 at **The Edward W. McCready Memorial Hospital** and **Alice Byrd Tawes Nursing and Rehabilitation Center** in Crisfield, MD

Topic – **Rural Healthcare** with **Brenda Windenmuth, CFNP** and a trip to the Community Health Clinic on Smith Island

April 24, 2009 at the **Cecil County Health Department** in Elkton, MD Topic - **Eldercare Planning and Guardianships** with **Rajiv K. Goel, J.D.** Donna Wilson

Clinical Education

The School of Pharmacy at The University of Maryland instigated a new program for first year Pharmacy students. The program introduces them to the AHEC concept as well as specific Pharmacy practice sites. During the month of October our AHEC hosted 6 first year Pharmacy students for a one week rotation.

During that week a dinner was held for all students undertaking AHEC rotation. Dr. Michael Fadden, Chief Medical Officer, Choptank Community Health center and Richard Molock, Pharm. D., Shore Health Systems/ University of Maryland Medical System met with the students and discussed with them their critical needs and opportunities of practice here on the Eastern Shore.

Our AHEC students continue to enjoy the rotations here on the shore. Recent comments from Medicine students included:

"I had an awesome rotation—My Preceptor is a great doctor—and person"

"My AHEC experience was by far the most memorable rotation throughout medical school... My critical thinking and diagnostic skills were sharpened. I highly recommend this rotation."

2009 Winter & Spring Continuing Education Schedule

February

- 19 *Aging in Worcester - "New Directions in Serving Older Adults", Clarion Fontainebleau Resort, Ocean City, 8:15 a.m. - 4:00 p.m., 5.5 hrs. CEUs for Addictions, Nursing, Psychology, and Social Work, \$40/\$70*
- 25 *Zanaflex Capsules – A Novel Form of Alpha-2 Agonist Tizanidine for Treatment of Muscle Spasticity", Eastern Shore Pharmaceutical Society, Rustic Inn, Easton, 6:30-9:00 p.m., 2 hrs CE*

March

- 13 *Addictions Update, Krystal Q, Easton, 8:00 a.m. – 3:00 p.m., 5 hrs. CEUs for Addictions and Social Work, \$50/\$35*
- 25 *Nurture through Nature "An Introduction to Therapeutic Horticulture", Eastern Shore Hospital Center, 8:30 a.m. – 3:00 p.m., 4.25 hrs Cat. I Social Work CEUs, \$30/\$40*
- 25 *Oncology Pharmacotherapy Update, Eastern Shore Pharmaceutical Society, Rustic Inn, Easton, 6:30-9:00 p.m., 2 hrs CE*
- 27 *"The Saddest Song: Teens, Suicide and the Developing Brain", Krystal Q, Easton, 8:00 a.m. – 4:00 p.m., 6 hrs. CEUs for Addictions, Psychology, and Social Work, \$75*

April

- 2 *19th Annual Conference for Alzheimer's and Dementia Caregivers, Salisbury University, 8:30 a.m. – 3:30 p.m., CEUs for Nursing and Social Work, \$50*
- 24 *Social Work Hot Topics, Krystal Q, Easton, 8:30 a.m. – 1:00 p.m., 3 hrs. Cat. I Social Work CEUs,*
- 29 *New Drug Update, Eastern Shore Pharmaceutical Society, Rustic Inn, Easton, 6:30-9:00 p.m., 2 hrs CE*

May

- 8 *Adhesion Principles: Direct Posterior Composites, Eastern Shore Dental Society, Clarion Fontainebleau Resort, Ocean City, 8:30 a.m. – 4:30 p.m.*
- 11-13 *MADC Annual Conference – "Managing the Winds of Change", Maryland Addictions Directors Council, Clarion Fontainebleau Resort, Ocean City, CEUs for Addictions, Psychology, and Social Work*
- 20 *21st Semi-Annual Geriatric Symposium – Movement Disorders in the Older Adult, more information TBA*

FEATURED ARTICLE ON BABIES HEALTH

Children's Regional Oral Health Consortium (CROC)

Toddler Tooth Decay: It's Not Just About Too Much Sugar Any More

New Preventive Focus In Toddler Tooth Decay Campaign

The US Surgeon General has dubbed Early Childhood Caries/Cavities, "The Silent Epidemic." The Eastern Shore Area Health Education Center's preventive dental program, Children's Regional Oral Health Consortium (CROC) is changing things up by creating a preventive campaign that focuses on stemming this epidemic with the message that cavities are communicable bacterial infections and tooth decay in toddlers and young children is totally preventable.

In 1985 researchers Berkowitz and Jones published the article, "Mouth-to-mouth transmission of the bacterium *Streptococcus mutans* between mother and child." Yet this vital information is still not well known, even in the dental and medical communities.

CROC coordinator, Alexandra Hall RDH states, "preventing tooth decay in toddlers and young children can only come about with the knowledge that this is a transmittable infection. Without the acid forming bacteria in the equation, the decay process cannot occur. The old wives' tale that "soft teeth" are hereditary is not the case in Early Childhood Caries. The problem is not in family genes, it is in family germs, Strep. Mutans, that is."



Marcellus Beach at Christiana Education,
with Alex Hall, CROC Coordinator

The most effective method of preventing Early Childhood Caries is to avoid infecting the child with saliva from someone, usually close family member or caregiver, who carries Strep. Mutans bacteria. These carriers have a history of tooth decay themselves. To protect baby from infection via saliva avoid: blowing on food, sharing food, utensils, drinks, toothbrushes, kissing lips & hands and licking pacifier to clean.

Secondly, once a child is infected with this acid forming bacteria, to limit the acid damage to the teeth, cutting off the germs food supply is critical. Avoiding sugary and starchy foods and drinks is critical since these are the substances that can quickly be reduced to acid by the bacteria, and acid is what dissolves the tooth's protective, hard enamel coating. It is not just the amount of sugar/starch but, more importantly, the frequency with which it is available to the bacteria for conversion into tooth dissolving acid. "Slow, sipping softens teeth", so it is better to limit sweet liquids, especially juice to maximally, one 4 oz. cup a day consumed with a meal, rather than allowing the child to take sips of juice all day long or to suck from a bottle at bedtime."

Lastly, parents are critical to preventing toddler tooth decay, not only by preventing infection, offering healthy foods and limiting sugars/starches, but also by acting as their child's dental caregiver by cleaning baby's teeth as soon as they erupt, twice daily until age 9, after meals and looking in baby's mouth for white or dark spots, especially at the lip/gum line that are the first signs of reversible decay.

The American Dental Association, as well as the American Academy of Pediatrics, recommends parents take their toddlers for the first dental check up by their first birthday. For further information contact Alexandra Hall RDH at croc@esahec.org

410-221-2600 x 106 office 443-783-2487 cell email croc@esahec.org

Alexandra Hall



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