

THE MONTH'S TOP STORIES

Asthma Response Training Now Required for High School Coaches

The Minnesota Department of Health (MDH) and the Minnesota State High School League have teamed up to launch an online training module to teach coaches about asthma symptoms and how to respond if a student athlete has an asthma attack.

The high school league is requiring that all of its 22,000 participating high school coaches in the state who work with students in grades 10 through 12 complete the training before the 2017–2018 sports season. The module, called “Athletes and Asthma: The Coach’s Role” went live on July 1.

“One of the most important responsibilities of high school coaches is to ensure the safety of their athletes,” said William Roberts, MD, chair of the Minnesota State High School League’s sports medicine advisory committee. “The league plays a critical role in this by providing training at regular intervals to be sure that these coaches are well-equipped for their roles as leaders.”

About 300,000 Minnesota children participate in league-sponsored athletic programs each year. Among those, one in six have been diagnosed with asthma at some point in their life, meaning that on a team of 20 children, three are likely to have a history of asthma. In addition, an MDH 2016 student survey showed that 58 percent of youth in middle and high school with asthma participate in club, community, and school sports teams compared to 57 percent of those who do not have asthma.

“We encourage anyone who works with youth or children to learn the signs and symptoms of asthma,” said Ed Ehlinger, MD, Minnesota commissioner of health. “We thank the high school league for working with us to bring this information to coaches and ensure that Minnesota’s student athletes with asthma can compete at the highest levels.”

Children’s Behavior Problems in School Linked to Stress at Home

A new study from the University of Minnesota School of Public Health shows that children who exhibit behavior problems in school often suffer from stressful lives outside of school that can cause them to feel overwhelmed and act out. In addition, they found that the root of those behavior problems could be related to the health and support of the child’s caregivers. They recommend that in-school, family-based mental health services could be an effective way to help children and their caregivers manage their stress better.

IN BRIEF

HEALTHPARTNERS, PARK NICOLLET CLINICS ADD UNUSED MEDICATION DISPOSAL BOXES

Eleven HealthPartners and Park Nicollet clinics now have boxes available for patients to dispose of unused medications, including opioids.

“This program benefits our community in two important ways,” said Dana Slade, director of sustainability programs at HealthPartners. “First, it can reduce the number of pills in homes that can harm people or be misused. It can also keep medications out of our water system.”

Reports show that about one in three patients with an opioid prescription has reported that they shared the medication with someone else; three in four people who use heroin started with taking prescription painkillers; and medications in the home are the second leading cause of accidental poisoning. In addition, most water treatment plants can’t remove medications from city water.

The new “take back boxes” are available in HealthPartners Apple Valley Clinic, Brooklyn Center Clinic, Como Clinic, Specialty Clinic in St. Paul, Central Minnesota Clinic, St. Paul Clinic, Riverside Clinic, as well as Park Nicollet’s Chanhassen Clinic, Eagan Clinic, Specialty Center in St. Louis Park, and Wayzata Clinic. HealthPartners plans to

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The September
MNHCCA survey
is now online

TOP STORIES continued...

“When teachers observe children being disruptive, the children are often disciplined or referred to counseling that only focuses on their behavior,” said Sonya Brady, associate professor at the University of Minnesota School of Public Health and co-author of the study. “But once you take a more holistic view of their symptoms—and consider the environments, stressors, and communities in which children are growing up—you realize that the intervention can’t be solely focused on the child.”

Researchers interviewed a group of African-American children and their caregivers who live in an urban setting. They looked at how the health and stress of caregivers related to any psychological symptoms, like depression or outbursts, and ADHD-like behaviors in the children. They discovered a strong link between children who exhibit an increase in acting out behaviors and caregivers experiencing health and relationship problems.

The results also showed that conflict was a factor—children who said they had more conflict with their caregivers were reported to exhibit more behavior issues. In addition, children who experience a more positive environment tended to have fewer behavior issues.

“The associations tell us that if we only focus on the child alone, it’s an incomplete way to address what we’re seeing—we need to focus on the family,” said Brady.

The researchers say that the results provide significant rationale for policymakers to fund the development of community-based family counseling programs.

“The best way to do this is to have counseling resources for families available in schools,” said Brady. She is now researching the effectiveness of a family-based program at a school in St. Paul.

Certified Community Behavioral Health Clinics Pilot Program Launched

Minnesota launched its Certified Community Behavioral Health Clinics (CCBHC) pilot program in July after being selected to participate in early 2017. The new pilot program brings together chemical and mental health care and coordinates a patient’s health and social services needs at one location to serve as a one-stop-shop for adults and children who have had trouble getting the help they need.

Minnesota is one of eight states selected by the U.S. Department of Health and Human Services to pilot the new model. It is now in place at six locations—Northern Pines Mental Health Center, serving Aitkin, Cass, Crow Wing, Morrison, and Wadena counties; Northwestern Mental Health Center, serving Kittson, Mahnomon, Marshall, Norman, Polk, and Red Lake counties; People Incorporated, serving Anoka, Dakota, Hennepin, Ramsey, and Washington counties; Ramsey County Mental Health Center, serving Ramsey County; Wilder Mental Health and Wellness, serving Ramsey County; and Zumbro Valley Health Center, serving Fillmore and Olmsted counties.

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add it in more locations in 2018.

PLANNED PARENTHOOD TO EXPAND AND UPDATE CLINICS

Planned Parenthood Minnesota, North Dakota, South Dakota (PPMNS) has launched a \$20 million, three-year campaign to update and expand health care clinics throughout Minnesota.

A \$6.5 million private donation, the largest gift PPMNS has ever received from a living donor, is allowing the organization to move forward immediately to build a state-of-the-art health care facility to replace the current Planned Parenthood clinic in uptown Minneapolis. The clinic serves almost 13,000 patients and the new facility will allow them to meet a growing demand for services. Work on the new clinic will begin immediately and patients will receive care in a temporary facility until the new one is completed.

Additional funds raised through the campaign will go toward ensuring that all 19 health care clinics throughout PPMNS’ region are updated with modern amenities and building new clinics in areas that don’t currently have a Planned Parenthood clinic.

CAMPAIGN TO REVERSE PREDIABETES LAUNCHES

Blue Cross and Blue Shield of Minnesota has launched a campaign to help Minnesotans identify their risk factors for prediabetes and the steps they can take to lessen the likelihood of develop-



TOP STORIES continued...

Through the model, clinics will offer services including primary care screening, cognitive behavioral therapy, motivational interviewing, and trauma-focused therapy for children. The two-year demonstration is funded through July 2019.

“We are excited to be able to offer this CCBHC services to our community,” said Shauna Reitmeier, CEO of Northwestern Mental Health Center. “We truly believe this is the future of mental and substance use disorder care.”

GILLETTE COLLABORATING TO IMPROVE TREATMENT FOR CHILDREN WITH CHRONIC PAIN

Gillette Children’s Specialty Healthcare is working with Holland Bloorview Kids Rehabilitation Center in Toronto to implement a chronic pain assessment toolbox developed specifically for patients with cerebral palsy.

“There aren’t many institutions that specialize in the type of complex care that we provide at Gillette,” said Chantel Barney, PhD, a clinical scientist and knowledge translation specialist at Gillette who discovered the approach when researching additional methods of assessing chronic pain. “Holland Bloorview has a patient population that is quite similar to our own, and they had developed a chronic pain assessment toolbox geared specifically towards individuals who have cerebral palsy. It looked quite promising, so I called them. That’s how it started, but several months and many phone calls later, we received a grant to have Holland Bloorview help us in the implementation of the toolbox at Gillette.”

Because assessing pain is subjective, the toolbox was developed to allow medical providers to identify and track pain in a more quantifiable way. It contains 15 detailed surveys that patients can fill out with their families to provide a comprehensive overview of how pain is affecting their daily lives. Providers use the responses to establish baseline scores for pain that their patients are experiencing over time, which allows them to better identify areas of concern as they arise. The tools can also be tailored to patients in clinic, several of which are designed for patients who are non-verbal.

“The toolbox is an expansion of the conversations our specialists are having with their patients at their appointments, but it also adds more structure to how we approach these conversations,” said Steven Koop, MD, medical director at Gillette Children’s Specialty Healthcare. “The chronic pain toolbox has heightened our awareness of pain. It’s allowed us to move from intuition and subjective measurements to being able to assess it in a way that is more clearly defined. Now, the conversation about pain is driving and guiding the course of treatment we provide.”

IN BRIEF continued...

ing type 2 diabetes. Prediabetes affects more than one in three people in the U.S., and 90 percent of them don’t know they have the condition.

The campaign, called Reverse It, includes a seven-question quiz that evaluates a person’s risk of prediabetes and recommends lifestyle changes to reverse early indicators of prediabetes and avoid type 2 diabetes. It is offered to those who have health care coverage through their employer.

The program has already been administered to thousands of Blue Cross members in Minnesota through Omada Health. Participants lost an average of 4.4 percent body weight. Those who completed at least nine lessons lost an average of 5 percent of their body weight, a level that is associated with reducing risk of type 2 diabetes by more than 50 percent.

“The heavy emotional and financial burden caused by diabetes is felt by millions of Americans every day,” said Pomerantz. “The numbers continue to grow at alarming rates. Every 23 seconds, someone in the U.S. is diagnosed with diabetes. Our prediabetes awareness campaign is just the start of a multi-year effort Blue Cross is making to lessen the burden of diabetes in individuals and within our society as a whole.”

According to Blue Cross data, diabetes accounts for 6.3 percent loss of good

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Efficacy, Economics, and Evolution

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AUGUST 2017 SURVEY

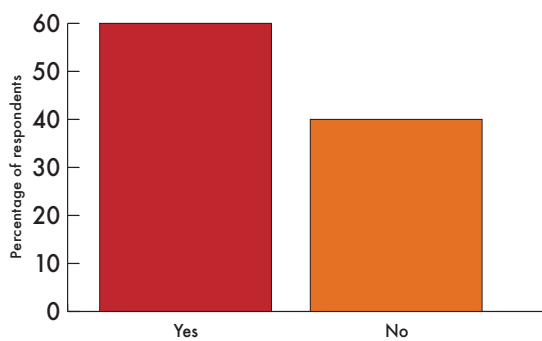
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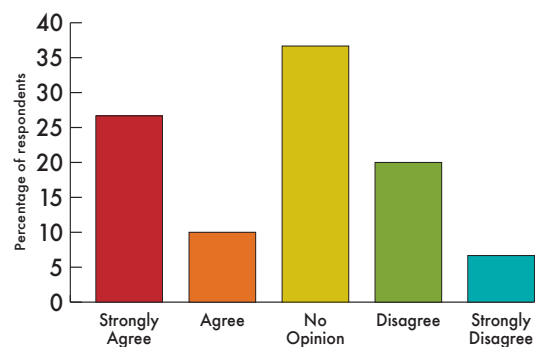
Each month, members of the Minnesota Health Care Consumer Association are invited to participate in a survey that measures opinions around topics that affect our health care delivery system. There is no charge to join the association, and everyone is invited.

We are pleased to present results of the most recent survey.

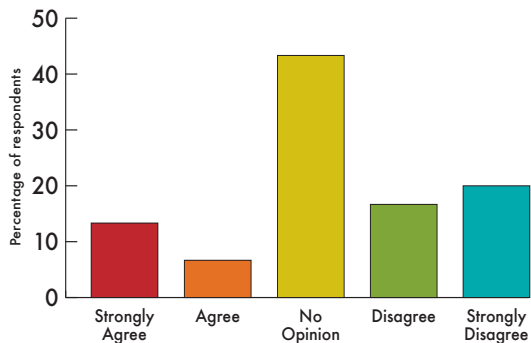
1. I, or a member of my family, has been prescribed opioid-based pain medications.



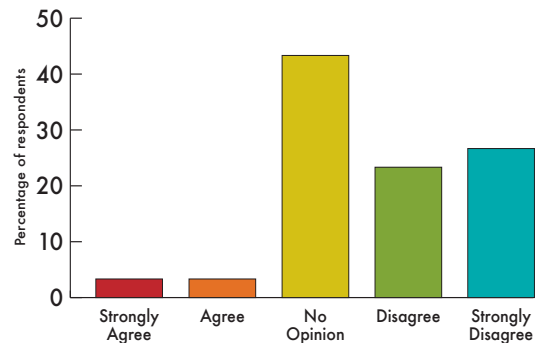
2. When I received this prescription I feel I was given adequate information about the dangers of use.



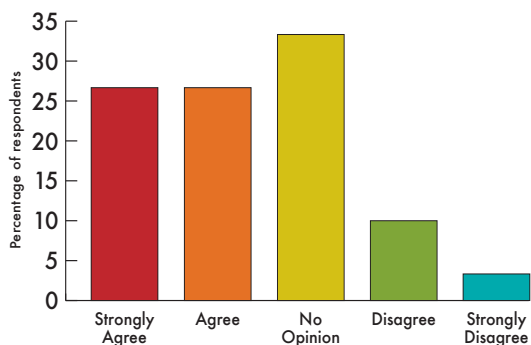
3. When I received this prescription I feel I was given clear instructions about how to safely dispose of unused medication.



4. I feel that as a result of this prescription a need to take increasing amounts was developed.



5. I support increased government funding for treatment of opioid use disorder.



For more information, please visit www.mnhcca.org.

