

Arkansas e-Link Project Update

By Brenda Pick, Project Manager BA



Many expectant families that come to UAMS have their first experiences with ANGELS when their infant is admitted to the NICU. When their infant is discharged they will be reassured knowing that UAMS offers a continuing level of support for them known as Following Baby Back Home. Carmen Irby, Program Director described it as “Families’ transition home with their child after being in the hospital for many months and they’re not sure what to do. We offer guidance, support and education on topics such as medication administration, formula preparation, safe sleep, injury prevention and home safety; these are just a few of the topics we cover.”

The Following Baby Back Home (FBBH) visiting program is a home-based visiting component of the ANGELS program. It was developed for families of infants as a home visiting and case management service for high-risk infants. The program has six regions in the state and is free of charge to families living in most areas. FBBH is operated by the University of Arkansas for Medical Sciences, Department of Pediatrics and KIDS First.

The goals of the program are to provide in-home support and case management services, reduce preventable hospitalizations, reduce missed medical appointments, increase understanding and importance of immunizations and provide assistance to each family in identifying local resources to meet the service needs of their child.

The program was launched in 2009 and covers 57 of the 75 counties in the state. For the 2014/2015 fiscal year, all regions maintained an overall rate of 97% for kept medical appointments and an overall rate of 97.5% for infants’ current immunization compliance. The program also logged over 1,200 home visits and health care providers traveled over 58,000 miles around the state to visit families.

“By visiting them in their homes, they often feel more comfortable and ask questions...”

“It’s wonderful that we’re able to provide services and meet the needs of the families in their homes, in the hospital setting it can be overwhelming and intimidating for some. By visiting them in their homes, they often feel more comfortable and ask questions they may not feel comfortable asking while they’re at the hospital”, said Carmen Irby.



To find out more about the Following Baby Back Home Program please visit <http://angels.uams.edu/healthcare-providers/programs/following-baby-back-home-kids-first/>

On August 12th, Arkansas Medicaid, the Arkansas Foundation for Medical Care and Cognosante partnered with UAMS Center for Distance Health for a Town Hall informational meeting about conversion to ICD-10 effective 10/1/2015. This live Broadcast was viewed by healthcare professionals in 11 hospitals and 9 medical clinics. This is another example of how video conferencing is being used to disseminate information to healthcare professionals in their own setting.

Examples of and links to CME/CE available via telehealth:



<https://learnondemand.org/default.aspx>

Arkansas e-Link continues to work toward obtaining funds through the Healthcare Connect Fund (HCF) for the e-Link Consortium (for those that qualify per HCF eligibility requirements).

If you’d like to discuss what others are doing or have ideas to further leverage the e-Link network, email us at arkansaselink@uams.edu or call 501-603-1280.

To find out where Arkansas Telehealth sites are located in each county, go to <http://telehealth.uamsweb.com/telemedicine-in-your-town/>

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REPORT ON FALL 2015



the ANGELS REPORT



ANTENATAL & NEONATAL GUIDELINES, EDUCATION AND LEARNING SYSTEM

Tis the Season

by Jeni Warrior, APN



Flu season has arrived, which means information about the virus and vaccine is circulating, but how much of it is true? Many of you have questions, but are unsure where to get accurate answers. The information below will equip you to stay healthy so you will be able to experience the other, much more festive season this year!

What is the flu?

The flu is a highly contagious respiratory illness caused by the influenza virus. The flu usually comes on suddenly with severe symptoms and can lead to complications such as pneumonia, bronchitis, sinus and ear infections.

What does flu season look like?

Flu season usually begins in October and ends in March, with February being the most common peak month. Each year 95 million Americans will have flu-like symptoms, 200,000 will be hospitalized and 24,000 will die from flu related complications (>90% of those who die are older than 65).

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Please contact ANGELS at
866.273.3835 or 501.526.7425
www.angels.uams.edu

What does the flu feel like?

- Fever
- Joint and muscle aches
- Headaches
- Extreme fatigue
- Cough, sore throat, runny nose

Why is the flu worse for pregnant women?

During pregnancy, the immune system is less effective than when non-pregnant. Pregnant women are 4 times more likely to be hospitalized with complication rates similar to women with chronic medical problems. For these reasons, it is very important for pregnant women to get a flu shot. The vaccine is considered safe in all trimesters of pregnancy, so the sooner a woman can be vaccinated the better.

How is the flu diagnosed?

The flu is often treated without an official diagnosis based on symptoms or because of a known exposure to someone with the flu. Rapid testing is usually by oral and nasal swab and will pick up 50-70% of flu cases.

How is the flu treated?

Antiviral medications are given in the form of an oral pill twice a day for 5 days if infected or once a day for 10 days if exposed but no active symptoms. There are alternate dosing regimens for children.

How do I prevent the flu?

There are two basic forms of the flu vaccine: mist (live) or injection (inactivated). Each year, the vaccine is matched to the 3-4 flu strains expected to be most prevalent for that flu season. Everyone over the age of 6 months old should be vaccinated each year. One vaccine is enough to cover an adult for the entire flu season, but children under the age of 9 will need two vaccines. **Pregnant women must get the flu shot because the live version has not been proven safe for the fetus.



Why do I feel sick after the flu shot?

These vaccines trigger your immune system to mildly respond to the flu virus, creating a memory of how to fight the illness. This activation of your immune system will produce some mild symptoms of fatigue, muscle aches and possibly low grade fever. This reaction means the vaccine is working and your body should be able to effectively fight the virus if you are later exposed.

Who should not receive the flu vaccine?

Anyone with a previous severe allergic reaction to vaccine components or a previous flu vaccine, prior Guillan-Barre within 6 months of receiving the flu vaccine or anyone who is currently sick with a moderate to severe acute illness is not a candidate for the flu vaccine. Once the acute illness has resolved, the person should then be vaccinated.

Don't forget basic principles of healthy living!

- Eat healthy foods and drink plenty of water
- Stay well rested to keep your immune system at its best
- Be vigilant to wash your hands and practice good cough/sneeze hygiene
- Avoid others who are sick and if you are sick, don't share it with others

Pediatric Report

by Shannon Lewis, RN, Medical Services Administrator, ANGELS



Peds PLACE

Peds PLACE is an interactive weekly pediatric teleconference jointly sponsored by the University of Arkansas for Medical Sciences (UAMS) and Arkansas Children's Hospital (ACH) that occurs every Thursday at 12:10 CST. For the fall months we had an average of 10-13 video connections per Peds PLACE conference. We always have a variety of speakers from UAMS and ACH, as well as national speakers. With marijuana being legalized in Colorado, we had 2 physicians from Colorado present on "Maternal Marijuana Use in Pregnancy and Breastfeeding" on September 3. We also had dual presentation on September 24, from Yale University and Indiana University and these 2 physicians spoke on "Mobile Simulation: Connecting Healthcare Academic Medical Centers and Community Based Providers".

You can join Peds PLACE in person at AR Children's Hospital in the Betty Lowe classroom, via teleconference from a video unit or Jabber software (dial 070231), via live stream on your PC or Mac by going to www.archildrens.org/video. You can also watch archived presentations by going to the same website.

Telenursery

led by Dr. R. Whit Hall, professor in Neonatology

- Connects via telemedicine at 8:15 am on M/W/F for a brief census rounds
- Facilitates neonatal transports and back transports
- Neonatal consults as requested. Sub-specialty consults can be arranged
- Follow up reported on your transported maternal patient and/or neonate
- Best practice discussions
- Promoting regionalization of care
- Mother/baby video connection; connect your maternal patient to her neonate that was transported to Arkansas Children's Hospital
- Tele-intubation studies and community opportunities coming soon

Education

By Barbara Smith, RN, BSN, CPC, Director, Guidelines, ANGELS and Sarah R. Kinder, DNP, APN, Assistant Professor, Department of OB/GYN



ANGELS Guidelines

Guidelines for Best Practices & Educational Teleconferences

"As an attorney who has defended hospitals and physicians in obstetrical cases for 35 years, I know how difficult it is to defend nurses or physicians who do not follow the most current guidelines or use the newest medical knowledge.

Arkansas is very fortunate to have available to those who care for obstetrical patients the educational teleconferences and ANGELS guidelines that can reach even the busiest physicians and nurses.

There is always something new to learn, even for the most seasoned provider."

Laura H. Smith, JD
Little Rock, Arkansas

Come learn from colleagues and share your expertise at one of our many teleconferences. Guidelines are often presented and discussed through the collaborative teleconference network at the High Risk Obstetrics and PedsPLACE teleconferences. With this combined expertise, over 200 obstetrical, neonatal and pediatric guidelines have been defined to meet the needs of Arkansas women and children.

Best practice guidelines are

- Reviewed annually
- Reflect national standards adapted for Arkansas
- Mobile friendly
- Freely available at

<http://angelsguidelines.com>

