



Bristol Bay Area Health Corporation **HEALTHLINE**

MARCH 2021



Photo credit Isabelle Ross (KDLG)

OUR MISSION: We provide quality health care with competence, compassion and sensitivity.

MESSAGE FROM THE PRESIDENT AND CEO



Quyanaqvaa (thank you very much) to those that are doing their part to prevent the spread of COVID-19 by following these public health safety measures:

- Wearing a properly fitted face mask that stays over your nose and mouth at all times; pulling it down to talk or having a loose fitting mask is not effective.
- Washing your hands often with soap and water and using hand sanitizer frequently.
- Using hand sanitizer if soap and water are not available.
- Social distancing, staying six feet away from people as much as possible, avoiding crowds and limiting group activities with people outside of your household.
- Quarantining for 14 days after travel.
- Receiving a COVID-19 vaccination if eligible. It is recommended that those who receive the COVID-19 vaccine continue to practice safety measures even after being vaccinated.

BBAHC staff monitor the latest public health safety recommendations about COVID-19 to ensure we follow the most recent clinical guidance and provide the best care and optimal management of COVID-19. Vaccinating our elder population, frontline workers and those considered high risk because of health issues is priority. BBAHC recently expanded eligibility for COVID-19 vaccinations to everyone 16 years of age and older. A schedule of village visits is posted, teams are well organized and most visits occur on the scheduled dates, although inclement weather has caused several trip cancellations.

Quyana and be safe,

A handwritten signature in black ink, which appears to read "Robert J. Clark". The signature is fluid and cursive.

Robert J. Clark



OTHER NOTEWORTHY NEWS

- During the December 2020 executive committee meeting our mission statement was revised. The word ‘To’ was changed to ‘We’ – BBAHC’s Mission now reads, ‘We provide quality health care with competence, compassion, and sensitivity.’ The one-word revision more accurately represents BBAHC’s partnership and relationship with all stakeholders to provide quality health care with competence, compassion and sensitivity.
- Twenty-six (26) strategic objectives for BBAHC’s 2021-2023 Strategic Plan were approved to guide BBAHC with new strategies and goals to further the BBAHC Mission, Vision and Core Values.
- Since April of 2020, all executive committee (EC) meetings have been held via teleconference. Most EC meetings have been cut back to three days, however, depending on business to take care of, some are lasting five days.
- The executive committee and management are pleased to announce that, once again, BBAHC has approved a 5% discretionary profit-sharing contribution (fiscal impact estimated to be \$1.2 million) to our employee pension for the fiscal year ending September 30, 2020, assuming audit results are materially consistent with the unaudited financial statements. We want our employees to know that they are appreciated for their hard work and dedication; continuing with the profit-sharing contribution is one way of showing our staff we care.

ANNUAL BOARD OF DIRECTOR’S MEETING

BBAHC Directors, staff and presenters assembled via teleconference for the 47th annual board of directors meeting on March 1-3, 2021. This year marks 48 years of tribal health care management and 108 years of operations as Kananak Hospital. There were no seats up for election at this 2021 meeting, thus the Executive Committee remains the same. Director Harold “Gary” Anderson (Chignik Lagoon) was recognized for five continuous years of service. A. Diane Shangin was recognized for thirty years of service. Major agenda topics included information related to health care services, COVID-19 updates, operations, compliance, finances and education on fiduciary duties for directors.



2020 EMPLOYEE OF THE YEAR

ANGELA DUKE, R.N., CASE MANAGER

Angela Duke, Registered Nurse, Case Manager, is the BBAHC Employee of the Year. Angela serves as a role model for all BBAHC employees because she always puts patient care first and consistently steps up to help with projects that are above and beyond her normal work responsibilities. Ms. Duke provides care coordination to patients served by BBAHC, as well as continuing to work as an active member of the BBAHC Medevac Team. Her commitment to excellence is commendable. Throughout the COVID-19 pandemic, she has continued her steadfast, behind-the-scenes work to ensure that screening events have the appropriate medical orders proposed in the Cerner System (health records). She always works above and beyond to complete tasks for COVID-19 in a timely manner to allow expedited processing for quicker results. Angela has been recognized by her peers as someone who is “fair and unbiased and would not ask someone to do something that she will not do herself.” She has also been recognized by peers for “doing the right thing” for patients.

2020 HEALTH AIDE OF THE YEAR AWARD

MELANIE CHINGLIAK, CHP

Community Health Aide Practitioner Melanie Chingliak, working at the Goodnews Bay Clinic, was selected as BBAHC’s Health Aide of the Year. Family Nurse Practitioner Rebecca Coupchiak, Community Health Aide manager, noted, “Ms. Chingliak has been the sole on-call provider to the residents of Goodnews Bay for an extended period. She is an advocate for her patients and exemplifies all the qualities that characterize healthcare professionals.”

The Goodnews Bay Clinic has been described as a model clinic with respect to compliance due to Ms. Chingliak’s organizational skills and attention to detail. She is considered a Cerner System (health records) superuser and has trained numerous health aides. Congratulations Melanie for a job well done!



EMPLOYEE SPOTLIGHT

We are pleased to announce that three new nurses have joined the BBAHC team.



Jessica Denslinger works in the inpatient/emergency room department. Jessica is a recent graduate from the local Bristol Bay Campus Nursing Outreach Program through the University of Alaska – Anchorage School of Nursing.



Trent Tanner and **Lumin Guo** both work in the outpatient department.

Trent Tanner joins us from Utah and has a wide range of experience.

Lumin Guo is a recent graduate from the local Bristol Bay Campus Nursing Outreach Program through the University of Alaska – Anchorage School of Nursing. She was the recipient of the UAA School of Nursing Directors' Award.

2020 EXCEPTIONAL EMPLOYEES

We recognize and reward our employees who provide exceptional performance that is consistent with BBAHC's Mission, Vision and Core Values. The following employees consistently exceed the requirements for their positions, demonstrating motivation and leadership in the workplace, as well as enhancing the quality of services they provide to our customers:

1. **January: Patrick Carland**, Housekeeping Manager
2. **February: Kira Bendixen**, Physician
3. **March: Natasha Johnson**, Case Management Support
4. **April: Kristine Boyle**, Community Health Aide Practitioner in King Salmon
5. **May: Beatrice Grewal**, Inpatient/Emergency Room Registered Nurse
6. **June: Alison Zivec**, Patient Accounts Biller II
7. **July: Tyanna Zivec**, Physical Therapist Technician
8. **August: Melanie Chingliak**, Community Health Aide Practitioner in Goodnews Bay
9. **September: Katana Dennis**, Assistant Business Office Manager
10. **October: Janet Dieckgrafe**, Acting Lab Manager
11. **November: Angela Duke**, Registered Nurse Case Manager
12. **December: Camryn Andrew**, Central Scheduler

GET YOUR FLU VACCINE!

- The Centers for Disease Control recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. Getting a flu vaccine during the 2021-2022 flu season will be more important than ever.
- Flu vaccines will not prevent COVID-19, but they will reduce the burden of flu illnesses, hospitalizations and deaths in the health care system and conserve scarce medical resources for the care of people with COVID-19.
- No flu vaccine should be given within two (2) weeks of a COVID-19 vaccine; if you want a flu shot, the timing must be considered carefully.
- For more information or to schedule an appointment in Dillingham, contact Central Scheduling at 907-842-5201 or 907-842-9369.
- You may also call your local community clinic to get a flu shot. If your local clinic is not staffed, call the Community Health Aide Department 907-842-5201 for more information or call the BBAHC Infection Control Manager 907-842-9373 or 907-842-5201 to make a plan to receive your shot.



COVID-19 VACCINE UPDATE

As of early March 2021, first and second doses of vaccines distributed in the Bristol Bay Area Health Corporation (BBAHC) service area communities totaled 4,108. Our vaccine deployment process began with vaccinating elders (65 years and older), those considered high risk with medical conditions, essential workers and those 18 years and older. Recently, BBAHC added the Pfizer vaccine to vaccinate youth 16 to 17 years of age. BBAHC has the following COVID-19 vaccines available: Moderna, Pfizer and Janssen (Johnson & Johnson). The Moderna vaccine (two doses) was used because storage, handling and transportation requirements were most consistent with existing BBAHC capabilities. The Pfizer vaccine (two doses) is the only vaccine available for youth ages 16 to 17 years. BBAHC is currently using the Johnson & Johnson vaccine (one dose) for those allergic to ingredients in the Moderna vaccine or who have travel requirements that prohibit timely receipt of a second dose. A limited amount of Pfizer and Johnson & Johnson vaccines are available. BBAHC vaccination teams continue to visit villages. If you would like to make an appointment for a vaccination or would like information related to the vaccines, please contact your local clinic or COVID-19 coordinators at (907)-842-9591. Thank you to everyone for cooperating and helping keep everyone safe!

BEHAVIORAL HEALTH PROGRAM

Talking about your feelings can be difficult, and there are times when you may need to reach out for support because you are feeling overwhelmed or are in a crisis. If you need to speak with someone, BBAHC has a crisis call center. You may call 1-888-865-0799 (available 24/7) directly or call Kananak Hospital (1-800-478-5201 or 907-842-5201) and ask to be transferred to the crisis line.

Although the call center is a contracted service through an outside provider, BBAHC on-call behavioral health clinicians remain available to assist those requiring immediate attention.

Counseling center staff report that the patient experience of those using the crisis call center services thus far has been positive. For more information about Behavioral Health programs/services call 907-842-1230 or toll free 1-800-510-1230.

The following is a listing of services available to those in need:

- BBAHC Crisis Line 1-888-865-0799
- Alaska Careline Crisis Intervention Line 1-877-266-4357
- Safe & Fear Free Environment crisis hotline 1-800-478-2316
- National Suicide Prevention Lifeline 1-800-273-8255
- Alaska NorthStar Behavioral Health System Crisis Line 1-800-478-7575
- Crisis Text Line 741741
- StrongHearts Native Helpline 1-844-7NATIVE (1-844-762-8483)

MEDICAL IMAGING SERVICES



Clinical Services Division Manager Stephanie Spencer and Medical Imaging Services Department Manager Christinna Keller

A new state-of-the-art 3D mammography machine is now available to patients. According to an October press release, “3D mammography creates three-dimensional X-ray images of breasts from multiple angles. The 3D technology provides clearer pictures than the previously available 2D imaging and increases the likelihood of detecting breast cancer in the earliest stages. When cancer is detected while small and confined to the breast, the need for aggressive treatment may be reduced and the rate of survival may increase.”

If you would like to schedule an appointment for a mammogram, you may call the Medical Imaging Department (907-842-9365) or Case Management (907-842-9549) to receive a referral from a physician and get scheduled. If you do not know if you are scheduled for a mammogram or need to know when you should receive your next one, please do not hesitate to call.

EMPLOYEE TEMPERATURE SCREENING

Employee's temperatures are taken before employees enter their workspaces. Temperature screening stations are located at various hospital and administration entrances. Because some people with COVID-19 do not experience a fever or other symptoms, temperature screenings will not entirely mitigate the risk of infection. However, it is used as a safety precaution both for our employees and for patients using our facilities. Temperature screening started in April 2020.



Case Management Support Natasha Johnson and Employee Health/Immunization Data Technician Yolanda Gage

COVID-19 COORDINATORS

COVID-19 Coordinators are responsible for providing patient COVID-19 testing in the Outpatient Clinic and coordinating mass screening events for BBAHC. In addition, through collaboration with the BBAHC Incident Command Team and other BBAHC Departments, the COVID-19 Coordinators may participate in planning meetings and debriefs, writing and/or revising COVID-19 related procedures, assuring that proposed COVID-19 lab orders are placed for physician authorization, assisting with running patient samples utilizing the Abbott ID Now Point of Care test machine and communicating results and additional COVID-19-related information to patients.

COVID-19 Coordinators Kimberly Seybert and Nichole Trulock



COVID-19 VACCINE FREQUENTLY ASKED QUESTIONS

How do vaccines work?

- Vaccines work with your body's natural defenses to prepare you to be ready to fight the virus if you are exposed (also called immunity).
- Vaccines are very effective at keeping you from getting COVID-19 and getting the vaccine may help keep you from getting seriously ill even if you do become infected with COVID-19.

Which vaccines are BBAHC using?

- BBAHC is using the Moderna, Pfizer and Janssen (Johnson & Johnson) vaccines.

Will the vaccine give me COVID-19?

- No, the vaccine will not give you COVID-19. It does not contain the live virus.

Will I test positive for COVID-19 after getting the vaccine?

- No, you will not test positive after receiving the vaccine. You may test positive for the antibody test after getting the vaccine. An antibody test is a screening for antibodies in your blood that identifies whether your immune system has responded to a specific infection.

Do I really need to get the second shot?

- Yes, it is important that you get the second shot one month after your first shot. The second shot helps make sure you are fully protected from COVID-19.
- The first shot gets your body ready. The second shot is given one month later to make sure you have full protection.
- The Moderna and Pfizer vaccines requires two doses.
- The Janssen (Johnson & Johnson) vaccine requires one dose.

Does the vaccine contain preservatives, antibiotics or human or animal products?

- No, the vaccine contains no preservatives, no antibiotics and no human or animal products.

Do I still need to wear a mask, socially distance, wash hands frequently and clean and disinfect frequently touched surfaces after getting the first vaccine and after the second vaccine?

- Yes, it is still very important to wear a mask, practice social distancing (keep 6 feet apart), wash and/or disinfect hands and clean and disinfect frequently touched surfaces to protect our communities and stop the spread.

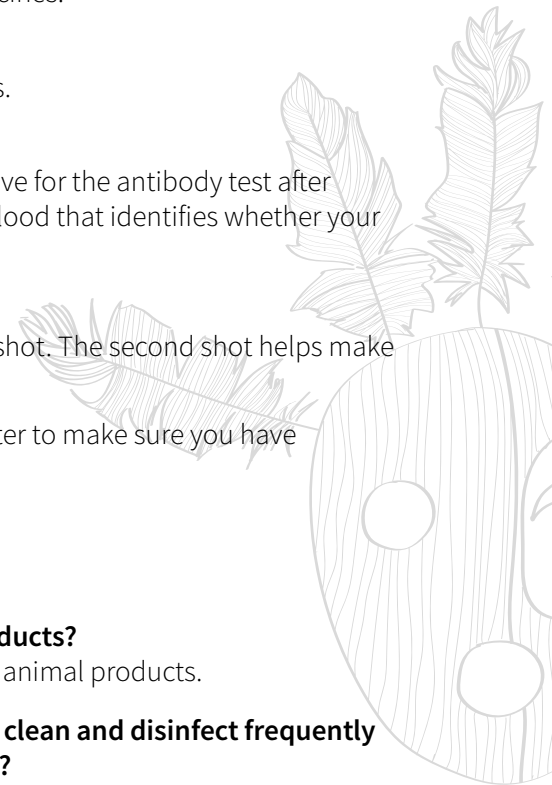
Are the vaccines safe?

- Yes, the Federal Drug Administration has enough proof to say the benefits of the vaccines outweigh possible risks from side effects.

What are the side effects from the vaccine?

- The most common side effects include injection site pain and swelling, fever, chills, headaches and body aches.
- The rate of side effects from the second dose is much higher.

Continued on page 10



What about allergic reactions?

- Severe allergic reactions usually occur within 30 minutes of administration. The BBAHC team providing shots has trained individuals and medications to assist you onsite as you wait for possible negative reactions to the shot.
- Severe reactions include swelling of the throat and breathing problems. If you experience the reactions mentioned, call your local clinic or Kakanak Hospital at 907-842-5201 or toll free at 1-800-478-5201, which is open 24/7, or 911 if your community has access to that emergency system.

*** As an added note, the 911 system is not an integrated system. According to the Alaska State Troopers, all villages in the Bristol Bay area have access to 911, however, the call can be transferred out of the area, (i.e., Fairbanks) and most 911 calls in the state lack data describing the caller's number or even that they are making an emergency call.*

RICHARD TILDEN, SR. HEALTH EDUCATION SCHOLARSHIP FUND

Applications for the Richard Tilden Scholarship are accepted beginning April 1 through June 28 of each year. Five \$1,000 scholarships are awarded each year to Bristol Bay tribally-enrolled residents who are attending technical, undergraduate or graduate school full-time and whose degrees and/or certifications are in the health field. The following is a list of recipients for the 2020/2021 academic year:

- Jenice Cox (Nursing, Freshman, University of Alaska Fairbanks)
- Emily McArthur (Nursing, Sophomore, University of Alaska Anchorage)
- Autumn Coolidge (Nursing, Freshman, Fort Lewis College)
- Abbey Whitcomb (pursuing a degree to become a veterinarian, Freshman, Fort Lewis College)
- Christopher Nicolet (pursuing a degree to become a pharmacist, Junior, Idaho State University)

REFLECTOR TAPE KITS

Reflector tape is still available and over 1,000 kits have been distributed. If you are interested in reflector tape kits for elders, your children's jackets, backpacks or bike helmets, please contact Michael Delano at 907-842-3396 or by email at madelano@bbaahc.org.

PREVENT FALLS, PREVENT TBI

What is TBI?

- Traumatic brain injury (TBI) is a disruption in the normal function of the brain that can be caused by a bump, blow, jolt to the head or penetrating head injury (CDC).
- Falls are the leading cause of TBI in Alaska, with elders being most at risk.



BBAHC Injury Prevention Program

- The BBAHC IP program has been working on elder fall prevention by conducting home assessments and installing safety modifications in the homes of elders.
- In addition to the home assessments, the IP program has made ice cleats available to residents 55 and older in the BBAHC service region.
- We plan to continue our IP work in TBI prevention in 2021.



Ice Cleats are Available

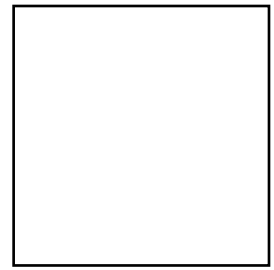
If you are 55+ and have not yet received them, please contact the BBAHC Injury Prevention Specialist for more information.

Bristol Bay Area Health Corporation, Injury Prevention Program

907-842-3396 or toll free at 1-888-792-2242



Bristol Bay Area Health Corporation
6000 Kanakanak Rd.
P.O. Box 130
Dillingham, Alaska 99576
www.bbahc.org



FACTS ABOUT CORONAVIRUS



There are many different types of Coronaviruses. COVID-19 is an infectious disease caused by a newly discovered type of coronavirus, SARS-CoV-2.



Antibiotics do not work against COVID-19 because it is a virus; antibiotics only work on bacterial infections.



COVID-19 spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes.



BBAHC is a Federally Qualified Healthcare Center (FQHC) through the Health Resources and Services Administration (HRSA). FQHCs are located in Dillingham, Chignik Bay, Chignik Lagoon, Chignik Lake, Goodnews Bay, Manokotak, Perryville, Platinum, Togiak and Twin Hills.

All design elements included in this newsletter are depictions of traditional cultural regalia, representing Yup'ik, Aleut and Athabascan cultures.