Improving Access to Quality Medical Care Webinar Series

Presented by

Southwest Telehealth Resource Center and the Arizona Telemedicine Program

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Welcome

SWTRC region - AZ, UT, CO, NM & NV

Fellow HRSA Telehealth Resource Centers

All other participants from the US & abroad

The **Arizona Telemedicine Program, Southwest Telehealth Resource Center and the RHIhub** welcome you to this free webinar. The practice & delivery of healthcare is changing, with an emphasis on **improving quality, safety, efficiency, & access to care**.

Telemedicine can help you achieve these goals!

Webinar Tips & Notes

- When you joined the webinar your phone &/or computer microphone was muted
- Time is reserved at the end for Q&A, please use the **Chat function** to ask questions
- Please fill out the post-webinar survey
- Webinar is being recorded
- Recordings will be posted on the ATP website
    - http://telemedicine.arizona.edu/webinars/previous

“RHIhub, Your First Stop for Rural Health Information”

Makenzie MM Atherton, MPH

Content Development Coordinator

RHIhub
Rural Health Information Hub

ruralhealthinfo.org

Your *First* **STOP** for
Rural Health
INFORMATION

Makenzie Atherton
September 12, 2019

RHIhub, Your First Stop for Rural Health Information

RHIhub
Rural Health Information Hub

Your *First* **STOP** for *Rural Health* **INFORMATION**

- **Visit the website**
  - Online library
  - Funding opportunities
  - 50+ topic guides on key rural health issues
  - State guides
  - Toolkits and model programs
  - Chart gallery and data explorer with county-level data
  - Am I Rural tool
  - More...
- **Sign up for email updates and custom alerts**
- **Contact our Resource and Referral Service**
  800.270.1898 or info@ruralhealthinfo.org

All services are *free!*

RHIhub is a partnership of:

The Walsh Center
for Rural Health Analysis
NORC AT THE UNIVERSITY OF CHICAGO

rupri
RURAL POLICY RESEARCH INSTITUTE

Funded by the
Federal Office of Rural Health Policy

RHIhub Helps You…

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Rural Health Information Hub

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Search Search

Online Library | Topics & States | Rural Data Visualizations | Case Studies & Conversations | Tools for Success

Your First Stop for Rural Health Information

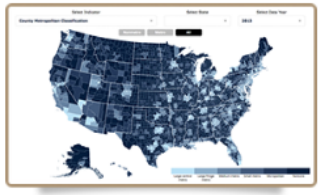
Get Rural Updates & Alerts

Sign-up to receive our weekly newsletter:

email Subscribe

Daily and weekly custom alerts also available

Find Rural Data



The Rural Data Explorer and Chart Gallery provide access to a wide range of data on rural health issues.

Learn how to locate and use data in the Finding Statistics and Data Related to Rural Health topic guide.

Funding Opportunities

Discover the latest funding and opportunities to support rural health. Browse all funding opportunities.

Am I Rural?

Use the Am I Rural? Tool to find out if a location is considered rural based on various definitions of rural, including definitions that are used as eligibility criteria for federal programs.

The Rural Monitor

Domestic and Intimate Partner Violence: Some Do's and Don'ts for Health Providers

In this in-depth story, multiple clinical issues surrounding domestic violence (DV) and intimate partner violence (IPV) in rural settings are discussed by providers, researchers, and those serving indigenous populations. Rural prevalence rates, provider knowledge gaps, and healthcare expenditures are also reviewed.

Trauma Training Initiative Teaches Rural Laypeople how to "Stop the Bleed"

On average, rural residents wait twice as long for emergency medical services than urban residents. Stop the Bleed is a trauma training initiative that teaches laypeople how to pack wounds and apply tourniquets in order to improve survival rates until medical attention arrives.

News Headlines

- Drone Ambulances to the Rescue
  Next Avenue
- NPR Poll: Rural Americans Are Worried About Addiction And Jobs, But Remain Optimistic
  NPR

ruralhealthinfo.org

RHIhub Online Library

Find:

- Funding & Opportunities
- News
- Calendar of Events
- Organizations
- Resources

Browse by State:

RHIhub Rural Health Information Hub

RURAL HEALTH

RESOURCES BY STATE: Utah

Sort By: **Date** | Name

Narrow by type | Narrow by topic

Selected Rural Healthcare Facilities in Utah

Shows the state's Critical Access Hospitals and Rural Health Clinics, as well as Federally Qualified Health Centers located outside of urbanized areas.

Date: 04/2018

Type: Map/Mapping System

Sponsoring organization: Rural Health Information Hub

view details

Rural AAAs Structure and Services: Information & Planning Issue Brief

Examines differences between rural and non-rural Area Agencies on Aging (AAAs), using data from the 2016 AAA National Survey. Features statistics on budgets, budget sources, staff, structure, services, and participation in integrated care initiatives, with breakdowns by rural and non-rural location. Includes case studies from Maine, Virginia, and Utah.

Date: 2018

Type: Document

Sponsoring organization: National Association of Area Agencies on Aging

view details

A Statewide Investigation of Geographic Lung Cancer Incidence Patterns and Radon Exposure in a Low-Smoking Population

Examines Utah Surveillance, Epidemiology, and End Results Program (SEER) data to describe smoking-adjusted lung cancer rates between nonmetropolitan and metropolitan counties by indoor radon levels, sex, and cancer stage. Compares lung cancer rates between Utah and all SEER sites. Includes statistics of nonmetropolitan and metropolitan Utah counties by race/ethnicity, smoking prevalence, education, income, and more.

No Wrong Door: Supporting Community Living for Veterans

Reports on several Veteran-Directed Home- and Community-Based Services (VD-HCBS) programs in 7 states. Presents a breakdown of each program and highlights challenges each program had to overcome. Bases analysis on 2 separate state surveys. Also includes tools useful to building collaborative partnerships between VA medical providers and aging and disability agencies in order to better serve veterans in their communities.

Author(s): Christina Neill Bowen, Wendy Fox-Grage, Kali Thomas, James Rudolph

Date: 11/2017

Type: Document

Sponsoring organization: AARP Public Policy Institute

view details

Tackling Poverty in Rural Communities

Discusses the Intergenerational Poverty Initiative in Weber County, UT. Details efforts to support health and well-being, access, resiliency, and dignity through mentors and role models in order to promote self-determination in impoverished youth. Additional links: Webinar Links, Webinar Slides

Date: 09/2017

Type: Video/Multimedia

Sponsoring organization: County Health Rankings & Roadmaps

view details

Response to Commentary: Partnered Research to Improve Health of Rural Veterans

Describes how VA-funded Centers of Innovation (COINs) develop strategies optimizing care for veterans in rural areas. Focuses on programs in Salt Lake City, Utah; West Haven, Connecticut; and North Little Rock, Arkansas.

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Browse by Topics like:

- Telehealth
- Broadband
- Chronic Disease Management
- Closures of healthcare facilities and services
- Critical Access Hospitals
- Federally Qualified Health Centers
- Health disparities
- Needs assessment methods and resources
- Population health
- Recruitment and retention of health professionals
- Rural Health Clinics
- Social Determinants of Health
- Statistics and data
- Behavioral health

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Rural Health Information Hub

Narrow by Geography/Topic

RURAL HEALTH

FUNDING BY TOPIC: Telehealth

Summaries of funding programs are provided by RHIhub for your convenience. Please contact the funder directly for the most complete and current information.

Sort By: **Date** | Name ☐ Hide Inactive Funding

Narrow by type | Narrow by geography | Narrow by topic

Idaho Rural Health Care Access Program (RHCAP)

Awards funding to projects that help rural communities improve access to primary medical and dental healthcare throu telehealth, community development, and recruitment, projects.

Geographic coverage: Idaho

Application Deadline: Aug 30, 2019

Sponsor: Idaho Department of Health and Welfare

Michigan Addressing Perinatal Opioid Use Disorc

Grants for Michigan-based nonprofit healthcare provid organizations to promote prevention and evidence-ba treatment of opioid use disorder among women of rep age, and their infants.

Geographic coverage: Michigan

Application Deadline: Aug 31, 2019

Sponsors: Blue Cross Blue Shield of Michigan Foundation, M Department of Health and Human Services

Narrow by Geography

☐ National - (148)	☐ Louisiana - (5)	☐ Ohio - (7)
☐ Alabama - (5)	☐ Maine - (3)	☐ Oklahoma - (4)
☐ Alaska - (7)	☐ Maryland - (9)	☐ Oregon - (13)
☐ Arizona - (6)	☐ Massachusetts - (6)	☐ Pennsylvania - (8)
☐ Arkansas - (7)	☐ Michigan - (10)	☐ Rhode Island - (6)
☐ California - (11)	☐ Minnesota - (20)	☐ South Carolina - (1)
☐ Colorado - (12)	☐ Mississippi - (3)	☐ South Dakota - (10)
☐ Connecticut - (2)	☐ Missouri - (8)	☐ Tennessee - (5)
☐ Delaware - (4)	☐ Montana - (8)	☐ Texas - (9)
☐ Georgia - (2)	☐ Nebraska - (8)	☐ Utah - (7)
☐ Hawaii - (5)	☐ Nevada - (6)	☐ Vermont - (3)
☐ Idaho - (6)	☐ New Hampshire - (4)	☐ Virginia - (7)
☐ Illinois - (9)	☐ New Jersey - (3)	☐ Washington - (9)
☐ Indiana - (6)	☐ New Mexico - (6)	☐ West Virginia - (8)
☐ Iowa - (13)	☐ New York - (7)	☐ Wisconsin - (12)
☐ Kansas - (6)	☐ North Carolina - (8)	☐ Wyoming - (6)
☐ Kentucky - (7)	☐ North Dakota - (12)	☐ Pacific Territories, Commonwealth, and Freely Associated States - (1)

OK | Cancel

RHIhub
Rural Health Information Hub

Topic Guides

- Provide overview of topic/state
- Selected key resources from online library for that topic/state

Policy

- Rural Health Policy
- What is Rural?

How-to Guides

- Finding Statistics and Data Related to Rural Health
- Conducting Rural Health Research, Needs Assessment, and Program Evaluation
- Applying for Grants to Support Rural Health Projects
- Capital Funding for Rural Healthcare

Rural Healthcare Delivery

- Rural Hospitals
- Critical Access Hospitals (CAHs)
- Federally Qualified Health Centers (FQHCs)
- Rural Health Clinics (RHCs)
- Rural Long-Term Care Facilities
- Rural Public Health Agencies

- Care Coordination
- Health Information Technology (HIT)
- Telehealth Use in Rural Healthcare
- Rural Healthcare Quality

Rural Health Needs & Services

- Emergency Medical Services (EMS) and Trauma
- Home Health Services
- Hospice and Palliative Care
- Mental Health
- Oral Health
- Pharmacy and Prescription Drugs
- Substance Abuse
- Rural Response to the Opioid Crisis

Rural Healthcare Workforce

- Rural Healthcare Workforce
- Education and Training of the Rural Healthcare Workforce
- Scholarships, Loans, and Loan Repayment for Rural Health Professions
- Recruitment and Retention for Rural Health Facilities
- J-1 Visa Waiver

- Community Health Workers in Rural Settings
- Community Paramedicine

Rural Population Health

- Chronic Disease in Rural America
- Healthcare Access in Rural Communities
- Rural Health Disparities
- Social Determinants of Health for Rural People

- Agricultural Health and Safety
- Violence and Abuse in Rural America
- Hunger and Access to Healthy Food
- Obesity and Weight Control
- Wellness and Prevention

Specific Populations

- Health and Healthcare in Frontier Areas
- Border Health
- Migrant Health
- Veterans and Access to Healthcare
- Aging
- People with Disabilities
- Rural Tribal Health

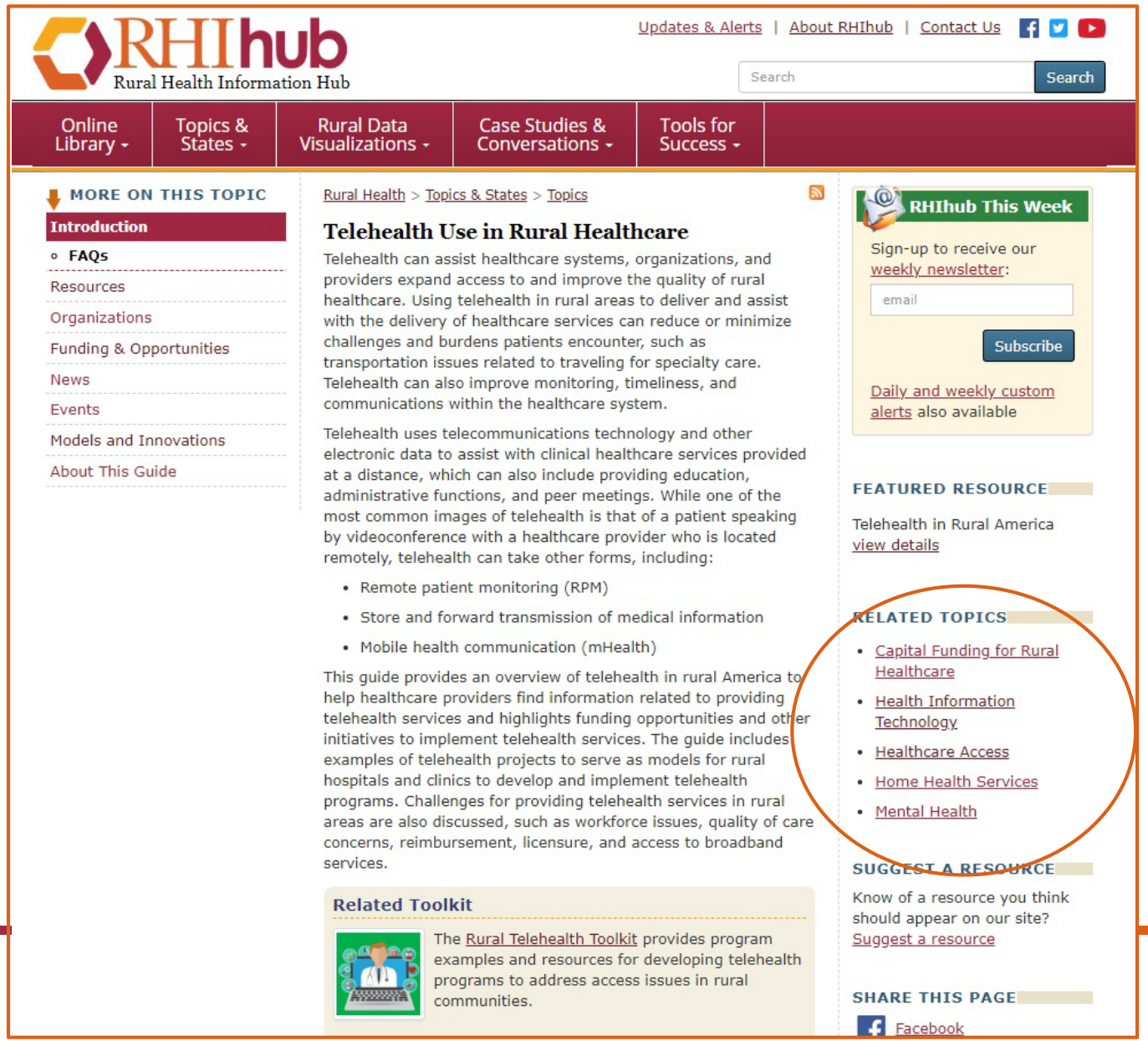
Services & Community Factors to Support Rural Health

- Human Services to Support Rural Health
- Community Vitality and Rural Healthcare
- Rural Schools and Health
- Transportation to Support Rural Healthcare
- Rural Emergency Preparedness and Response

Telehealth Use in Rural Healthcare Topic Guide

Includes:

- Overview of the topic
- Links to guides on related topics
- Frequently Asked Questions
- Links to related resources in the Online Library and on the site.



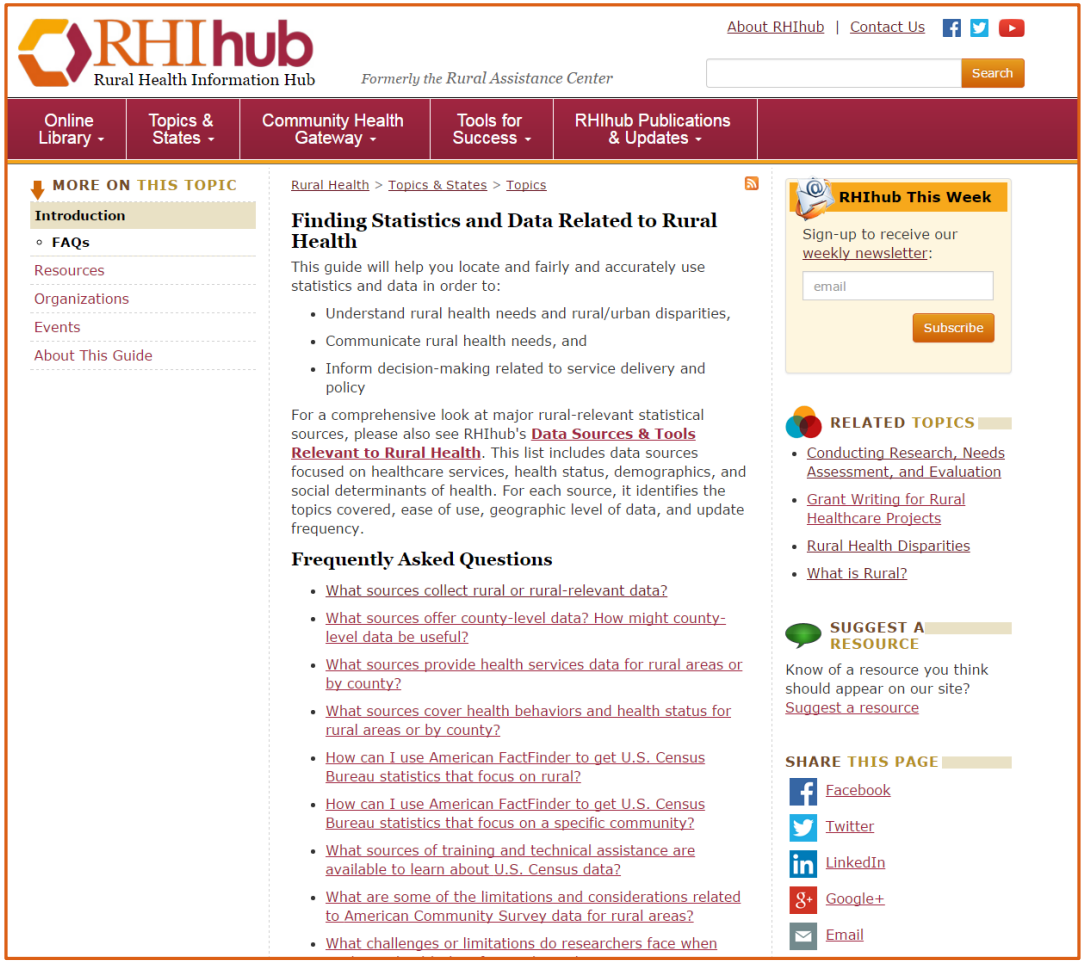
Frequently Asked Questions

- How does telehealth improve healthcare access in rural communities, and what types of services have proven to be effective?
- What is the difference between telemedicine and telehealth?
- How do Telehealth Resource Centers (TRCs) help rural healthcare facilities develop telehealth services within their organization?
- What are some telehealth funding programs for rural providers?
- What are the challenges related to telehealth services in rural communities?
- What facilities, technology, and staffing would our facility need to implement telehealth services?
- How can telehealth be used to reach patients in their homes?
- How does the use of telehealth impact rural healthcare providers?
- What financial impact could the addition of telehealth services have on a rural facility and community?
- Is telehealth usage widespread in rural facilities?

Finding Statistics and Data

Includes:

- List of data sources with rural and/or county level data
- Discusses challenges and limitations of rural data
- Considerations when comparing data



Rural Response to the Opioid Crisis

Includes:

- Federal and other National Initiatives Targeting Rural Communities
- Additional Opioid Resources Relevant to Rural Communities
- Funding
- Key Rural Resources
- Comprehensive Approaches
  - Prevention
  - Harm Reduction
  - Treatment

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State Guides

- Alabama
- Alaska
- Arizona
- Arkansas
- California
- Colorado
- Connecticut
- Delaware
- Florida
- Georgia
- Hawaii
- Idaho
- Illinois
- Indiana
- Iowa
- Kansas
- Kentucky
- Louisiana
- Maine
- Maryland
- Massachusetts
- Michigan
- Minnesota
- Mississippi
- Missouri
- Montana
- Nebraska
- Nevada
- New Hampshire
- New Jersey
- New Mexico
- New York
- North Carolina
- North Dakota
- Ohio
- Oklahoma
- Oregon
- Pennsylvania
- Rhode Island
- South Carolina
- South Dakota
- Tennessee
- Texas
- Utah
- Vermont
- Virginia
- Washington
- West Virginia
- Wisconsin
- Wyoming

- U.S. Territories & Commonwealths

- State-by-State Resources

MORE ON UTAH

- Introduction
- Chart Gallery
- Resources
- Organizations
- Funding & Opportunities
- News
- Events
- Models and Innovations
- About This Guide

Utah

Utah covers 82,144 square miles, with a 2018 estimated population of 3,161,105 people – 330,962 living in rural Utah (USDA-ERS). Salt Lake City, Utah's largest city and capital, is located in the northern region of the state. The state's other large cities include West Valley City and Provo. According to 2018 data from the U.S. Census Bureau, 90.7% of the state's population is white, 1.4% is African-American, 2.7% is Asian, 1.5% is American Indian or Alaska Native, 1.1% is Native Hawaiian or Other Pacific Islander, and 14.2% is of Hispanic or Latino origin.

Utah Rural Healthcare Facilities

According to data.HRSA.gov, as of April 2019 Utah had:

- 13 Critical Access Hospitals
- 14 Rural Health Clinics
- 19 Federally Qualified Health Center sites located outside of Urbanized Areas
- 8 short term hospitals located outside of Urbanized Areas

View full-size map

Selected Social Determinants of Health for Rural Utah

9% of Utah residents lack health insurance (Kaiser, 2017). According to the USDA Economic Research Service, the average per capita income for Utahns in 2017 was $43,459 although rural

RHIhub This Week

Sign-up to receive our weekly newsletter:

email

Subscribe

Daily and weekly custom alerts also available

FEATURED RESOURCE

Utah Critical Access Hospital Community Profiles
view details

MORE STATE DATA

Our state-by-state guide lists more resources that provide state-specific and comparative information.

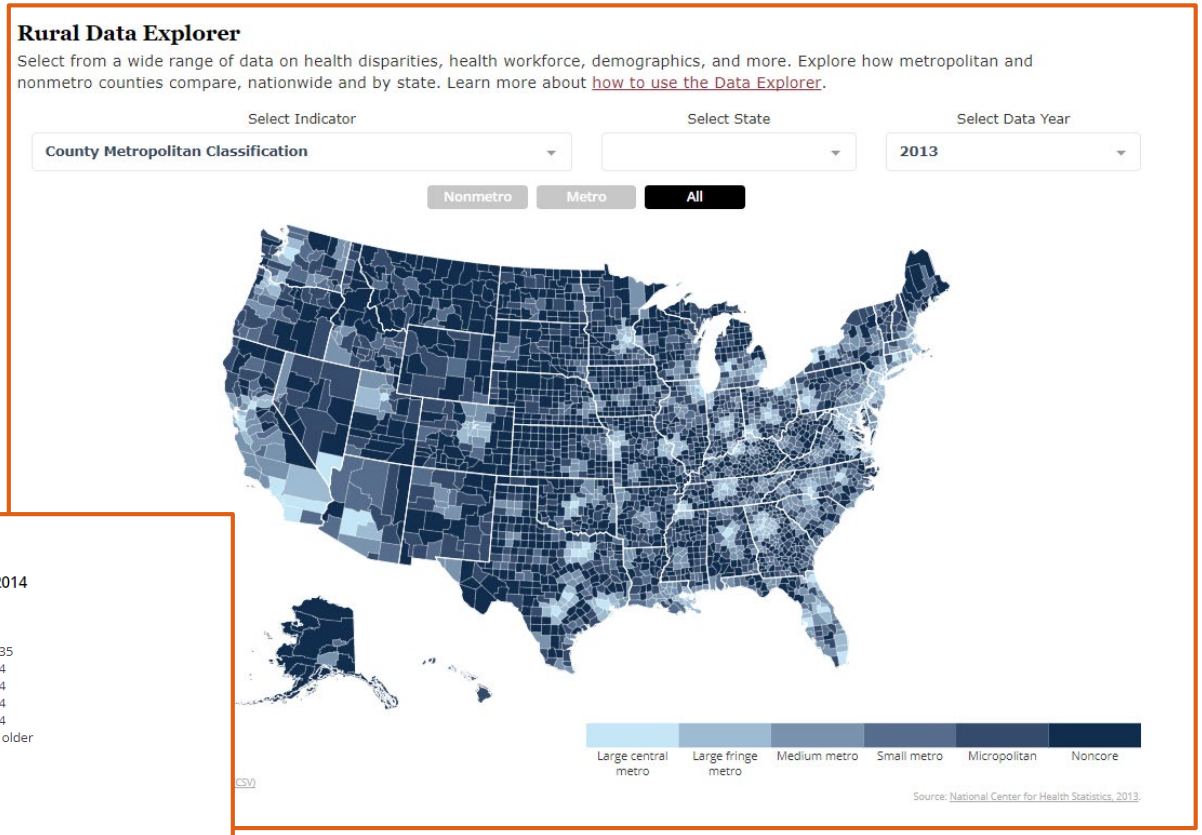
SUGGEST A RESOURCE

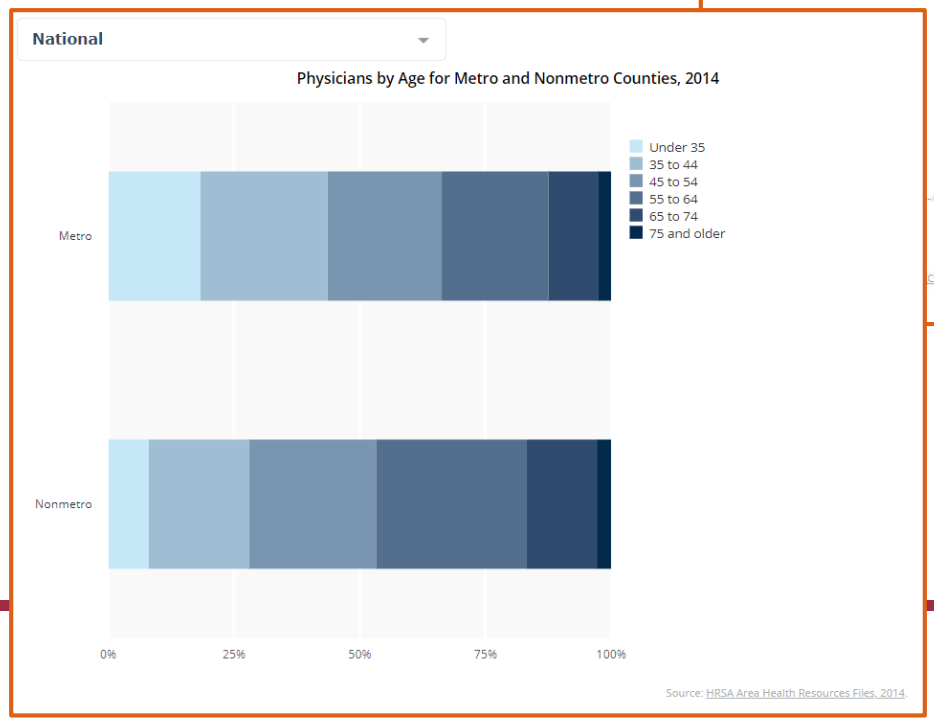
Know of a resource you think should appear on our site?

Data Visualizations

Includes:

- Data Explorer
- Charts, graphs, and maps





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Rural Data Explorer

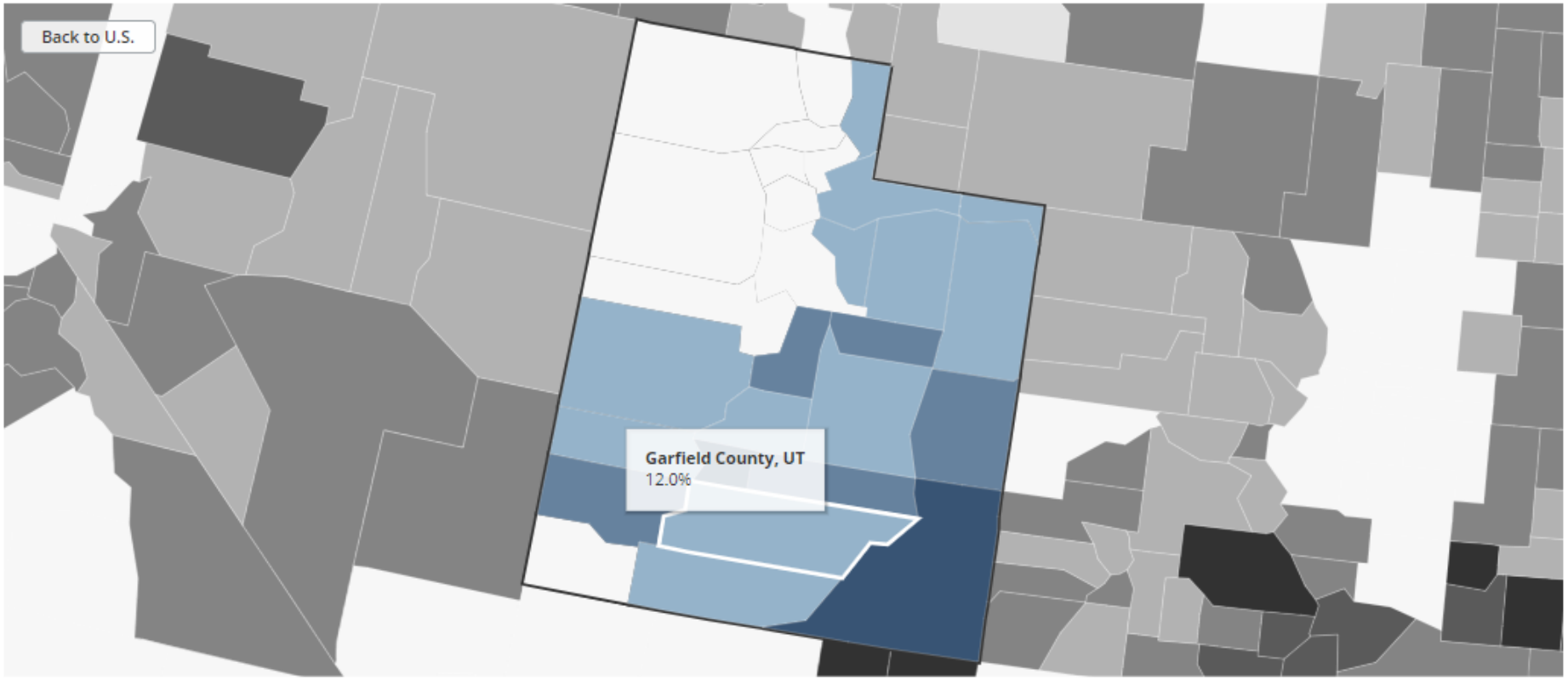
Select from a wide range of data on health disparities, health workforce, demographics, and more. Explore how metropolitan and nonmetro counties compare, nationwide and by state. Learn more about how to use the Data Explorer.

Select Indicator: **Poverty**

Select State: **Utah**

Select Data Year: **2013**

Nonmetro | Metro | All



Download the data (CSV)

Source: US Census Small Area Income and Poverty Estimates, 2009-2016.

Utah	Nonmetro	13.3%

Location	Metro/ Nonmetro	Poverty, 2016
Beaver	Nonmetro	8.9%
Wayne	Nonmetro	14.8%
Daggett	Nonmetro	8.2%
Duchesne	Nonmetro	13.8%
Emery	Nonmetro	12.4%
Garfield	Nonmetro	10.9%
Grand	Nonmetro	12.7%
Iron	Nonmetro	18.4%
Kane	Nonmetro	10.6%
Carbon	Nonmetro	15.2%
Piute	Nonmetro	17.7%
Rich	Nonmetro	9.3%
San Juan	Nonmetro	31.0%
Sanpete	Nonmetro	16.8%
Sevier	Nonmetro	13.8%
Summit	Nonmetro	6.0%
Uintah	Nonmetro	11.4%
Wasatch	Nonmetro	5.5%
Millard	Nonmetro	11.2%

Counties with no data are not included.

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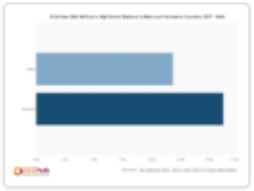
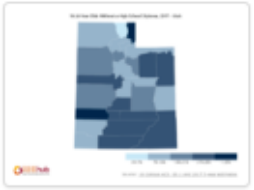
Utah Chart Gallery

Narrow by type | Narrow by topic



18-24 Year Olds Without a High School Diploma in Metro and Nonmetro Counties, 2017

Bar chart showing the percentage of 18- to 24-year-olds without a high school diploma in metropolitan and nonmetropolitan counties.



18-24 Year Olds Without a High School Diploma, 2017

Map showing county-level data on the percentage of 18- to 24-year-olds without a high school diploma.

Advanced Practice Registered Nurses per 10,000 People for Metro and Nonmetro Counties, 2015

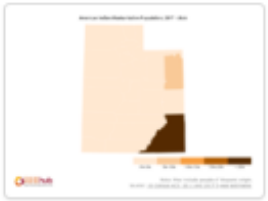
Bar chart showing the number of advanced practice registered nurses (APRNs) per 10,000 people for metropolitan and nonmetropolitan counties. Includes data for total APRNs, nurse practitioners (NPs), and nurse anesthetists.

American Indian/Alaska Native Nonmetro Personal Income, 2017

Stacked bar chart showing income ranges for the nonmetropolitan American Indian/Alaska Native population compared to the nonmetro population as a whole.

American Indian/Alaska Native Nonmetro Population by Age, 2017

Stacked bar chart showing the age composition of the nonmetropolitan American Indian/Alaska Native population compared to the nonmetro population as a whole. Age groups represented: under age 25, 25-44, 45-64, 65 and older.



American Indian/Alaska Native Population, 2017

Map showing county-level data on the percent of the population that is American Indian/Alaska Native.

Asian Population, 2017

Map showing county-level data on the percent of the population that is Asian.

Average Median Age for Metro and Nonmetro Counties, 2010-2017

Line chart showing the average median age for metropolitan and nonmetropolitan counties from 2010 through 2017.

Case Studies and Conversations

Rural Health Models and Innovations

Find examples of rural health projects other communities have undertaken, including models shown to be effective, as well as new and emerging ideas. For each project, learn about the services provided, audiences served, results, and lessons learned.

Rural Monitor

This RHIhub publication focuses on healthcare and population health in rural communities, with feature articles, interviews with rural health experts, and more.

RHIhub Videos

Videos produced by RHIhub to help tell stories that are important to rural health.

RHIhub Webinars

Upcoming and archived webinars hosted by the Rural Health Information Hub.

RHIhub Twitter Chats

Upcoming and archived Twitter chats hosted by RHIhub.

#RuralHealthChats

Rural Health Models & Innovations

- Browse project examples by:
  - Topic
  - Level of evidence
  - State
  - Source
- Utah (6)
- Telehealth (41)
- Behavioral health (89)
- Population health (104)
- Critical Access Hospitals (9)
- Federally Qualified Health Centers (17)

Share your stories!

Models & Innovations
Levels of Evidence

- **Evidence-Based:** Review study of the approach in a peer-reviewed publication
- **Effective:** Reported in a peer-reviewed publication
- **Promising:** A formal evaluation conducted
- **Emerging:** Anecdotal account

Rural Project Examples: Telehealth

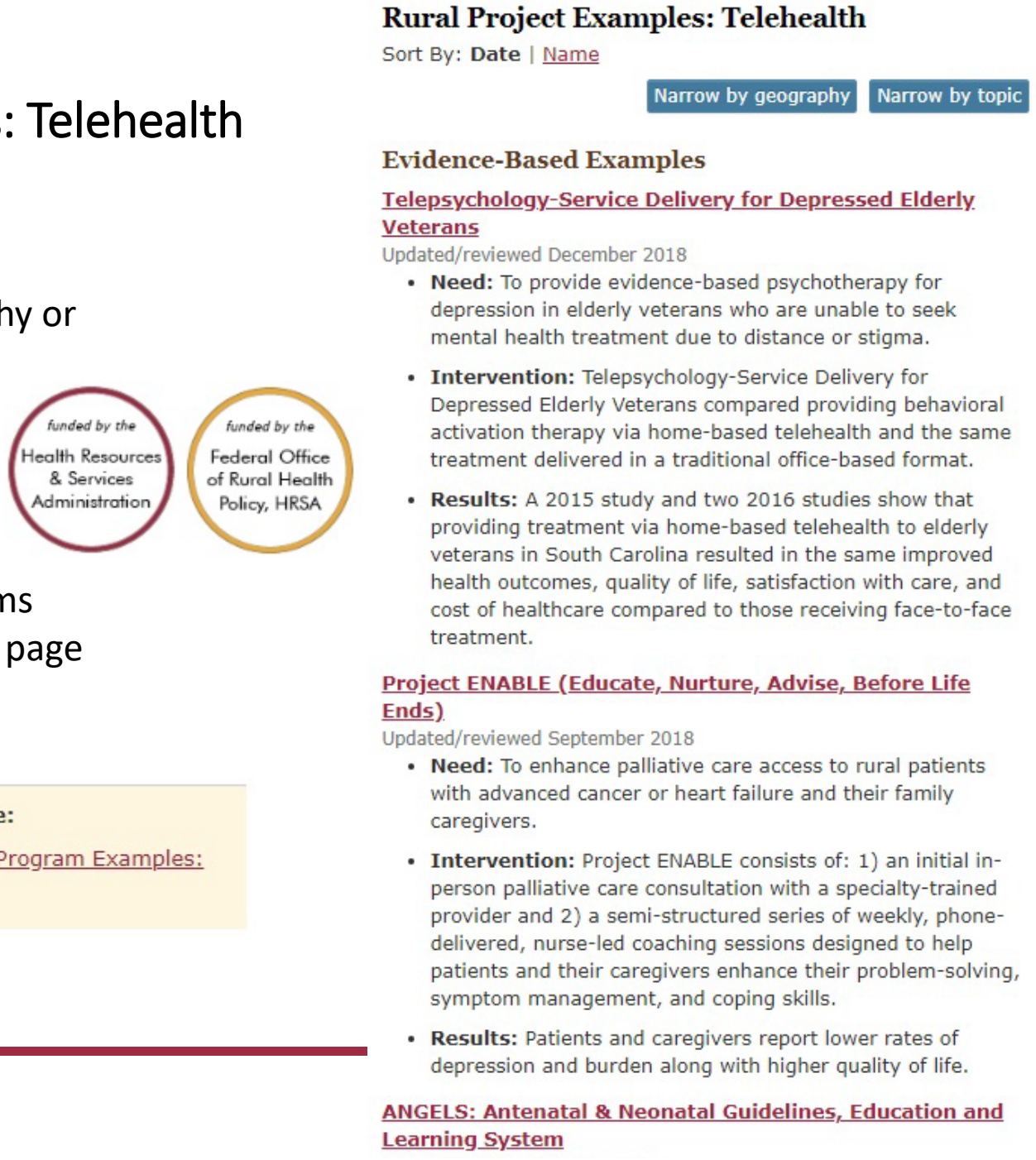
- Further narrow by geography or topic
- Models funded by HRSA or FORHP are marked.
- Non-RHIhub model programs linked at the bottom of the page

funded by the Health Resources & Services Administration

funded by the Federal Office of Rural Health Policy, HRSA

For examples from other sources, see:

- Other Case Studies & Collections of Program Examples: Telehealth



Rural Project Examples: Telehealth

Sort By: **Date** | Name

Narrow by geography | Narrow by topic

Evidence-Based Examples

Telepsychology-Service Delivery for Depressed Elderly Veterans

Updated/reviewed December 2018

- **Need:** To provide evidence-based psychotherapy for depression in elderly veterans who are unable to seek mental health treatment due to distance or stigma.
- **Intervention:** Telepsychology-Service Delivery for Depressed Elderly Veterans compared providing behavioral activation therapy via home-based telehealth and the same treatment delivered in a traditional office-based format.
- **Results:** A 2015 study and two 2016 studies show that providing treatment via home-based telehealth to elderly veterans in South Carolina resulted in the same improved health outcomes, quality of life, satisfaction with care, and cost of healthcare compared to those receiving face-to-face treatment.

Project ENABLE (Educate, Nurture, Advise, Before Life Ends)

Updated/reviewed September 2018

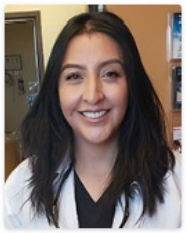
- **Need:** To enhance palliative care access to rural patients with advanced cancer or heart failure and their family caregivers.
- **Intervention:** Project ENABLE consists of: 1) an initial in-person palliative care consultation with a specialty-trained provider and 2) a semi-structured series of weekly, phone-delivered, nurse-led coaching sessions designed to help patients and their caregivers enhance their problem-solving, symptom management, and coping skills.
- **Results:** Patients and caregivers report lower rates of depression and burden along with higher quality of life.

ANGELS: Antenatal & Neonatal Guidelines, Education and Learning System

RHIhub Rural Health Information Hub

The Rural Monitor

Dentistry in the Navajo Nation: Q&A with Dr. Crystal Willie Sekaquaptewa



Dr. Crystal Willie Sekaquaptewa is the first Native American to work as a dentist in the Utah Navajo Health System. She discusses the importance of patient education and cultural competency.

Read More

August 21, 2019

Mobile Telehealth Units and Care Coordinators Improve Emergency Care Services for Rural Arizona Patients

To address rising ER readmissions, an Arizona healthcare system and network partners adapted an unconventional EMS telehealth service to help rural patients. Coupled with care coordination, mobile telehealth units are saving the healthcare system money while better meeting patients' healthcare needs.

Read More

August 7, 2019

National Program Helps Older Adults in Rural Maine and Hawaii Feel More CAPABLE

CAPABLE is a national model that connects low-income seniors with an occupational therapist, registered nurse, and home repair services. Program coordinators from Hawaii and Maine share their successes and the challenges of helping rural residents age safely in place.

Read More

July 24, 2019

Social Isolation and Loneliness: Insights from Rural Clinical Providers and Other Experts

As more healthcare delivery efforts include social risk assessments, the impact of the social determinants of health is better understood. Rural clinicians, researchers, and other experts share perspectives on social isolation and loneliness.

Read More

July 10, 2019

Running Clear: Preventing Private Water Sources from Becoming a Health Hazard in Rural America

Because private water sources are not regulated, rural residents who rely on them can be more susceptible to health risks from waterborne contaminants. Water experts and a public health professional share how they are helping rural residents keep their well water clean to avoid sickness.

Read More

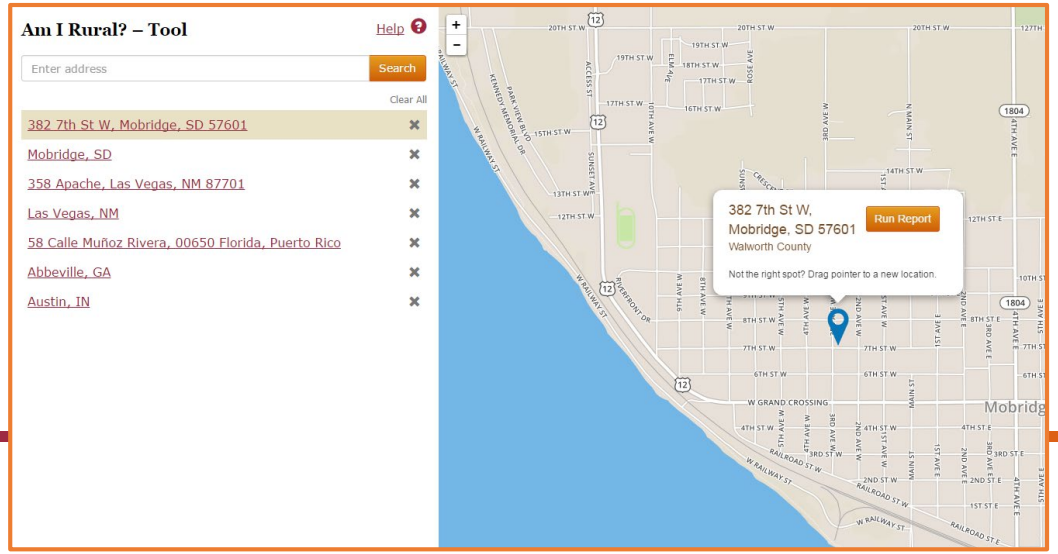
June 26, 2019

Life 'til the End: Hospice in Rural America

The importance of quality end-of-life care in rural America can be difficult to understand until you need hospice care. A rural family shares their journey with hospice and how it helped them care for their father at the end of his life. A CAH CEO explains how hospice care intersects with the mission to provide care to the community.

Tools for Success

- Evidence-Based Toolkits for Rural Community Health
- Economic Impact Analysis Tool
- Care Management Medicare Reimbursement Strategies for Rural Providers
- Rural Health IT Curriculum Resources
- Sustainability Planning Tools
- Testing New Approaches
- Am I Rural?



Am I Rural?

Enter an address. Find out if it:

- Meets rural eligibility requirements for:
  - CMS Rural Health Clinic
  - FORHP grants
- Is considered rural by various definitions:
  - Urbanized Areas/Urban Clusters
  - Core Based Statistical Areas (CBSAs)
  - Rural Urban Commuting Areas (RUCAs)
  - Rural Urban Continuum Codes (RUCCs)
  - Urban Influence Codes
  - Frontier and Remote (FAR)
- Is in a federal shortage area:
  - Health Professional Shortage Area (HPSA)
  - Medically Underserved Area (MUA)
  - Medically Underserved Population (MUP)

Sustainability Planning Tools

By thinking beyond the day-to-day activities and services to plan for sustainability early in the grant cycle, communities can better position their programs for long-term sustainability and leverage the investment of federal grant dollars to maintain successful programs that improve the health of rural Americans. The tools provided here are intended to help you consider the sustainability of programs that address community needs and to engage your partners and stakeholders in this planning process.

What makes a program sustainable?

The Georgia Health Policy Center Sustainability Framework
Why do some community programs achieve sustainable impact while others do not? Learn about the components that contribute to success.

Planning a new program? Start here

Dynamics of Sustainability: A Primer for Rural Health Organizations
A "starter guide" that provides a head start on planning for sustainability for organizations and collaborations:

- Opportunities for reflection and discussion on sustainability
- Case studies of rural programs that achieved sustainability
- An initial sustainability assessment

For existing programs working toward sustainability

Quick Course in Positioning for Sustainability and Sustainability Formative Self-Assessment Tool
based on the Georgia Health Policy Center Sustainability Framework, this tool provides a process to help your team reflect on how well your program is currently positioned for sustainability relative to each of the dimensions of the Sustainability Framework.

- Steps to create a plan for improving your sustainability potential

Bringing the Future into Focus: A Step-by-Step Sustainability Planning Workbook
A step-by-step guide to producing a sustainability plan for your program that addresses:

- Program services
- Program needs
- Costs and budgeting
- Funding strategies

ABOUT PLANNING FOR SUSTAINABILITY

The tools provided here were developed by the Georgia Health Policy Center and have been used by communities across the country that have been funded through the Federal Office of Rural Health Policy (FORHP) grant programs.

The Primer was developed based on a study of rural health organizations that received funding from the FORHP to implement new programs or build new collaborations in their communities. This study, completed in 2010, was conducted by the Georgia Health Policy Center and consisted of in-depth interviews with 102 Rural Health Care Services Outreach and Rural Health Network Development grantees funded in 2000, 2002 and 2004.

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ECONOMIC IMPACT ANALYSIS TOOL

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Rural Health > Tools for Success > Economic Impact Analysis Tool

Economic Impact Analysis Tool

The Economic Impact Analysis (EIA) tool shows how your community health project's spending on staff, supplies, equipment, and other expenses benefits your community. The EIA Tool can be used by any community health organization wanting to understand how its activities affect the community.

Learn About the Tool

Based on information you provide, this tool estimates the economic impact of grant program investments on the local economy. These calculations help rural program grantees assess performance and advocate for resources that contribute to program sustainability and improved healthcare for rural populations.

- Learn more about the EIA Tool

Watch our 2-minute video to learn how the EIA tool works.

Prepare to Use the EIA Tool

You will be asked to provide information about your pro
spending over several different categories. The tool calc
economic impact based on your spending, the populatio
serve, and service locations.

EIA Worksheet to Track Spending
Use this optional form throughout your project period t
track of spending.

- Example Scenario

Watch our 3-min
for tips on how t

ABOUT THE ECONOMIC IMPACT ANALYSIS TOOL

The Economic Impact Analysis Tool can help show the impact a community health project's spending has on the local economy. It was originally designed by the Lewin Group, with the assistance of the University of Washington Rural Health Research Center, for the Federal Office of Rural Health Policy and its community-based grantees. The EIA tool is managed and maintained by RHIhub.

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Evidence-based Toolkits

Rural Community Health

Community Health Workers

Health Promotion and Disease Prevention

Oral health

Telehealth

Aging in Place

Diabetes Prevention and Management

HIV/AIDS Prevention and Treatment

Philanthropy

Tobacco Control and Prevention

Access to Care for Rural People with Disabilities

Food Access

Mental Health

Prevention and Treatment of Substance Abuse

Transportation

Care Coordination

Health Networks and Coalitions

Obesity Prevention

Services Integration

IN THIS TOOLKIT

Modules

1: Creating a Program
2: Developing a Program
3: Implementing a Program
4: Evaluating a Program
5: Planning for Sustainability
6: Disseminating Best Practices
About This Toolkit

Rural Community Health Toolkit

Welcome to the Rural Community Health Toolkit. This toolkit provides rural communities with the information, resources, and materials they need to develop a community health program in a rural community.

Each of the toolkit's six modules contains information that communities can apply to develop a rural health program, regardless of the specific health topic the program addresses. The toolkit also links to issue-specific toolkits for more in-depth information.

Module 1: Creating a Program: Where to Begin
Learn the first steps to developing an evidence-based rural community health program.

Module 2: Developing Your Program
Learn how to develop your program based on an evidence-based model.

Module 3: Implementing Your Program
Find useful tips and guidelines for implementing your program.

Module 4: Evaluating Rural Programs
Learn how to assess program effectiveness and build the evidence base for what works in rural communities.

Module 5: Planning for Sustainability
Learn how to plan for the sustainability of your rural community health program.

Module 6: Disseminating Best Practices
Learn how to communicate your program's results to project partners, funders, and the broader rural health community.

Rural Telehealth Toolkit

IN THIS TOOLKIT

Modules

1: Introduction
2: Program Models
3: Program Clearinghouse
4: Implementation
5: Evaluation
6: Sustainability
7: Dissemination
About This Toolkit

Rural Telehealth Toolkit

Welcome to the Rural Telehealth Toolkit. The toolkit compiles evidence-based and promising models and resources to support organizations in identifying and implementing telehealth programs to address common challenges experienced in rural communities across the United States.

The modules in the toolkit contain resources and information focused on developing, implementing, evaluating, and sustaining telehealth programs for rural community health programs. There are more resources on general community health strategies available in the Rural Community Health Toolkit.

Module 1: Introduction to Rural Telehealth
Overview of telehealth in the U.S. and unique challenges that rural communities face.

Module 2: Program Models
Models for telehealth programs to address common rural community health challenges.

Module 3: Program Clearinghouse
Examples of evidence-based and promising telehealth programs that have been implemented in rural communities.

Module 4: Implementation
Important issues to consider and address when implementing telehealth programs in rural communities.

Module 5: Evaluation
Tools that can help with the evaluation of a rural telehealth program.

Module 6: Sustainability
Resources to help with planning for the sustainability of a rural telehealth program.

Module 7: Dissemination
Ideas and resources for disseminating findings from a rural telehealth program.

IN THIS TOOLKIT

Modules

1: Introduction
2: Program Models
- Models for Workforce Development
- **Models for Care Delivery**
  - Nontraditional Settings
  - Specialty Care
  - Pharmacy Services
- Models for Specific Populations

3: Program Clearinghouse
4: Implementation
5: Evaluation
6: Sustainability
7: Dissemination
About This Toolkit

Telehealth Models to Improve Care Delivery

Some rural programs have implemented or expanded telehealth programs to improve care delivery and increase access to healthcare services in their communities. Models to improve care delivery often address common barriers to healthcare access in rural communities, such as distance and transportation, stigma of health issues such as mental health or substance use disorders, and workforce shortages such as limited numbers of specialty care providers. Telehealth can be used to reach patients in their homes, addressing barriers such as distance and transportation. Technology can also be used to increase access to services that are otherwise unavailable because of physician shortages in rural communities — particularly specialty care providers and pharmacists.

This toolkit describes three telehealth models for improving rural care delivery:

- Increasing Access to and Engagement with Care Outside of Healthcare Settings
- Increasing Access to Specialty Care
- Increasing Access to Pharmacy Services

Previous Page: Recruitment and Retention

Next Page: Nontraditional Settings

IN THIS TOOLKIT

Modules

1: Introduction
2: Program Models
- Models for Workforce Development
- Models for Care Delivery
  - **Nontraditional Settings**
  - Specialty Care
  - Pharmacy Services
- Models for Specific Populations

3: Program Clearinghouse
4: Implementation
5: Evaluation
6: Sustainability
7: Dissemination
About This Toolkit

Telehealth Models for Increasing Access to and Engagement with Care Outside of Healthcare Settings

In this model, telehealth is used as a tool to help patients access care outside of clinical settings and to better engage patients in the care that they receive. Using telehealth to reach patients in non-healthcare settings, outside of medical facilities, can be critical to overcoming persistent barriers to care, including lack of access to transportation and stigma associated with seeking help for a condition.

Rural communities have implemented or expanded telehealth programs in several different types of nontraditional settings:

- Homes
- Workplaces
- Skilled nursing facilities
- School-based health centers
- Correctional facilities

There are two key types of telehealth applications used for engaging and reaching patients in nontraditional settings:

- **Live-video telehealth** – With this approach of traveling to a clinic to meet with a provider via telehealth, patients use a device such as a tablet, computer, or smartphone to receive care at home or at another convenient location. For example, Greater Oregon Behavioral Health, Inc. offers patients access to a telehealth platform that they can access from their personal devices. Patients can schedule appointments and meet with mental health specialists via live-video telehealth from their home, work, or other location of their choice.
- **Remote patient monitoring technology** – Remote patient monitoring helps providers assess the health status of a patient from a distance and helps patients manage their own health. Remote patient monitoring technologies typically collect information about physiological characteristics and vital signs, such as weight and blood pressure. For example, a patient who has cardiovascular disease may use a blood pressure cuff that transmits readings to a data repository. The patient's care team can review the monitoring data to track the patient's progress and, if necessary, intervene before any issues get worse. Other examples of remote patient technologies used in rural areas include telehealth-enabled scales, glucometers, pedometers, and pulse oximeters.

IN THIS TOOLKIT

Modules

1: Introduction
2: Program Models
- Models for Workforce Development
- Models for Care Delivery
- Models for Specific Populations
  - **Children**
  - Behavioral Health Treatment

3: Program Clearinghouse
4: Implementation
5: Evaluation
6: Sustainability
7: Dissemination
About This Toolkit

Telehealth Models for Increasing Access to Care Among Children

This model includes strategies for using telehealth to increase access to care among children. Telehealth is beneficial for children and their families because it expands and enables access to healthcare services that may otherwise be unavailable, such as mental healthcare services and specialty care. Telehealth programs are also beneficial for children because they reduce the burden of travel for families and address workforce shortages that are common barriers to accessing care in rural communities.

In 2012, 15.8% of rural school-based health centers were using telehealth technology. Rural schools are applying technology to improve access to both primary care and specialty care, manage chronic health conditions, address complex healthcare needs, support children with developmental and behavioral conditions, and deliver health education to children. Examples of healthcare services provided in school-based telehealth programs include:

- Primary care
- Acute and sub-specialty care
- Dental examinations
- Childhood hearing screenings
- Speech therapy
- Mental health/psychiatric services
- Behavioral health services
- Chronic disease management
- Asthma testing and management services
- Diabetes monitoring
- Care coordination
- Health education

School-based telehealth programs use hub-and-spoke models, implement store-and-forward technology, and use real-time telemedicine. In the hub-and-spoke model, schools can serve as spoke sites or hub sites. When serving as a spoke site, schools establish a clinical station, located in an office or other type of room, with appropriate telehealth technology. When serving as a hub site, schools establish a receiving station equipped with technology such as a camera, computer, and monitor. Store-and-forward technology can be used in schools to transmit health information for services such as dermatology, pathology, radiology, and some acute care. Real-time telemedicine includes e-consultation, direct patient interaction, and group discussions.

RHIhub Updates

RHIhub Alerts & Updates

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Receive weekly email updates with the latest news, funding opportunities, publications, model programs, new Rural Monitor articles, and more.

Daily and Weekly Custom Alerts

Select the issues and types of information most relevant to you and receive notification of all RHIhub additions on those issues by email, daily or weekly.

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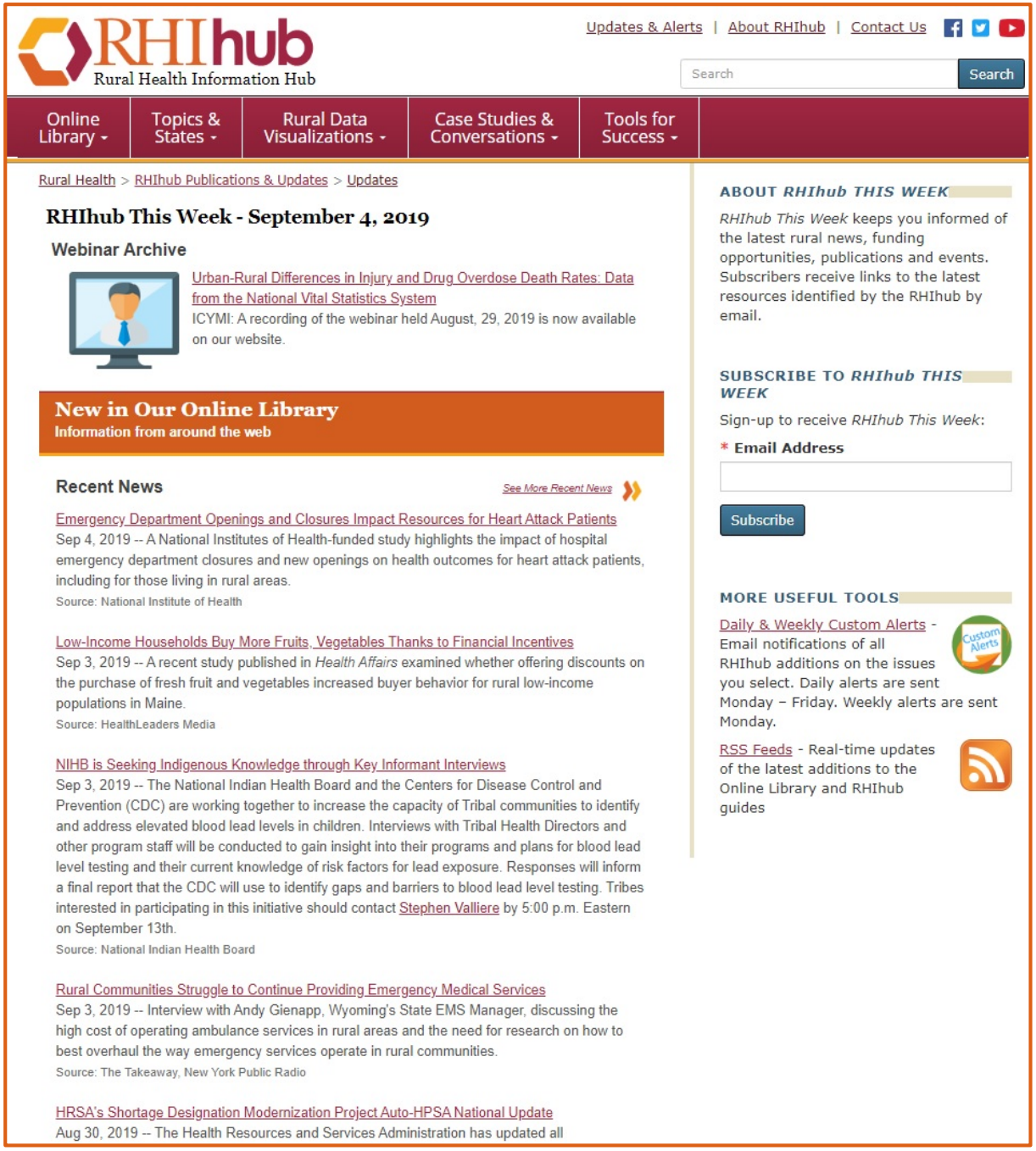
Rural Health Information Hub

RHIhub This Week

Features:

- New original content from the RHIhub
- Best-of-the-best of what's been added to the Online Library in the last week including:
  - News
  - Funding and Opportunities
  - Resources
  - Events



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Rural Health > RHIhub Publications & Updates > Updates

RHIhub This Week - September 4, 2019

Webinar Archive

Urban-Rural Differences in Injury and Drug Overdose Death Rates: Data from the National Vital Statistics System
ICYMI: A recording of the webinar held August, 29, 2019 is now available on our website.

New in Our Online Library
Information from around the web

Recent News See More Recent News

Emergency Department Openings and Closures Impact Resources for Heart Attack Patients
Sep 4, 2019 -- A National Institutes of Health-funded study highlights the impact of hospital emergency department closures and new openings on health outcomes for heart attack patients, including for those living in rural areas.
Source: National Institute of Health

Low-Income Households Buy More Fruits, Vegetables Thanks to Financial Incentives
Sep 3, 2019 -- A recent study published in *Health Affairs* examined whether offering discounts on the purchase of fresh fruit and vegetables increased buyer behavior for rural low-income populations in Maine.
Source: HealthLeaders Media

NIHB is Seeking Indigenous Knowledge through Key Informant Interviews
Sep 3, 2019 -- The National Indian Health Board and the Centers for Disease Control and Prevention (CDC) are working together to increase the capacity of Tribal communities to identify and address elevated blood lead levels in children. Interviews with Tribal Health Directors and other program staff will be conducted to gain insight into their programs and plans for blood lead level testing and their current knowledge of risk factors for lead exposure. Responses will inform a final report that the CDC will use to identify gaps and barriers to blood lead level testing. Tribes interested in participating in this initiative should contact Stephen Valliere by 5:00 p.m. Eastern on September 13th.
Source: National Indian Health Board

Rural Communities Struggle to Continue Providing Emergency Medical Services
Sep 3, 2019 -- Interview with Andy Gienapp, Wyoming's State EMS Manager, discussing the high cost of operating ambulance services in rural areas and the need for research on how to best overhaul the way emergency services operate in rural communities.
Source: The Takeaway, New York Public Radio

HRSA's Shortage Designation Modernization Project Auto-HPSA National Update
Aug 30, 2019 -- The Health Resources and Services Administration has updated all

ABOUT *RHIhub THIS WEEK*

RHIhub This Week keeps you informed of the latest rural news, funding opportunities, publications and events. Subscribers receive links to the latest resources identified by the RHIhub by email.

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RSS Feeds - Real-time updates of the latest additions to the Online Library and RHIhub guides

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Topics

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- [ ] Child care
- [ ] Child welfare
- [ ] Community and economic development
- [ ] Community and faith-based initiatives
- [ ] Community engagement and volunteerism
- [ ] Criminal justice system
- [ ] Cultural competency
- [ ] Economics and the economy
- [ ] Educational attainment
- [ ] Emergency preparedness and response
- [ ] Employment and unemployment
- [ ] Ethics
- [ ] Evaluation methods and resources
- [ ] Food security and nutrition

States/Territories

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RHIhub Rural Health Information Hub Weekly Alert

You requested: Events • Funding • Models and Innovations • News • Resources
Tagged with: Utah

New Resources

See More Resources

Utah's Dental Health Health Professional Shortage Areas (HPSA)
Shows population-based and geographic-based dental health federally designated Health Professional Shortage Areas (HPSAs) in Utah.
Sponsoring organization: Utah Office of Primary Care and Rural Health

Utah's Mental Health Health Professional Shortage Areas (HPSA)
Shows population-based and geographic-based mental health federally designated Health Professional Shortage
Sponsoring organization: Utah Office of Prima

Utah's Primary Medical Care Health Prof
Shows population-based and geographic
designated Health Professional Shortage
Sponsoring organization: Utah Office of Prima

New Events

See More Events

May
16-17
2019

2019 Annual Association for Utah Community Health Primary Care Conference
Association for Utah Community Health

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RHIhub Weekly Alert

Rural Health Information Hub

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Tagged with: Mortality • Utah

Recent News

See More Recent News

How Fentanyl Changes the Opioid Equation

Oct 17, 2018 -- Reports on the growing impact that fentanyl and other synthetic opioids are having on the opioid crisis, challenges in detecting fentanyl, and the dangers it poses due to its lethality and role in overdose outbreaks.

Source: Stateline

Funding & Opportunities

See More Funding

Mechanisms of Disparities in Etiology and Outcomes of Lung Cancer in the U.S.: The Role of Risk and Protective Factors (R01 and R21)

Grants to support exploratory, developmental, and multidisciplinary research to understand the underlying causal factors and mechanisms that result in lung cancer disparities in U.S. health disparity populations.

Geographic coverage: Nationwide and U.S. territories
Letter of Intent (Optional): Feb 4, 2019
Application Deadline: Mar 4, 2019
Sponsors: National Cancer Institute, National Institute on Minority Health and Health Disparities, National Institutes of Health, U.S. Department of Health and Human Services

New Resources

See More Resources

Geographic Availability of Low-Dose Computed Tomography for Lung Cancer Screening in the United States, 2017

Includes state-level tables and maps showing locations of lung cancer screening sites and percentage of population ages 55-79 lacking access to a center, and lung cancer mortality versus accessibility of screening centers. Helps identify rural areas in need of screening program creation or expansion.

Utah's Dental Health Health Professional Shortage Areas (HPSA)

Shows population-based and geographic-based dental health federally designated Health Professional Shortage Areas (HPSAs) in Utah.

Sponsoring organization: Utah Office of Primary Care and Rural Health

Utah's Mental Health Health Professional Shortage Areas (HPSA)

Shows population-based and geographic-based mental health federally designated Health Professional Shortage Areas (HPSAs) in Utah.

Sponsoring organization: Utah Office of Primary Care and Rural Health

Utah's Primary Medical Care Health Professional Shortage Areas (HPSA)

Shows population-based and geographic-based primary health care federally designated Health Professional Shortage Areas (HPSAs) in Utah.

Sponsoring organization: Utah Office of Primary Care and Rural Health

New Events

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May
16-17
2019

2019 Annual Association for Utah Community Health Primary Care Conference

Association for Utah Community Health

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