

# Health *POWER!*

Prevention News • SUMMER 2016



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Ted Slowik, Ph.D.



It's late July, and the peak time for all the things that make summer, *summer*—picnics and outdoor grilling, lounging and swimming at the shore or pool, time off with family and friends, and, yes, mosquito bites, sunburns, and poison ivy rashes.

It's also time for the summer edition of the Veterans Health Administration (VHA) National Center for Health Promotion and Disease Prevention's (NCP's) quarterly newsletter.

In this issue of *HealthPOWER!*, we lead with an article on new videos that were designed to help Veterans Health Education Coordinators (VHECs), Health Behavior Coordinators (HBCs), and Health Promotion and Disease Prevention (HPDP) Program Managers better use their clinician coaching, TEACH, and Motivational Interviewing (MI) skills. We also

feature a local article about one Veteran's appreciation for and use of the Veteran Health Library (VHL) at VA Butler Healthcare, as well as a poignant story of a Michigan Veteran's incredible success with NCP's MOVE!<sup>®</sup> Program.

And along with important updates and information for VHA clinicians, we mark the recent retirement of two NCP staff, Veterans Health Education and Information (VHEI) health education coordinator Barbara Snyder, and Health~~e~~Living Assessment (HLA) project manager Heidi Martin, whose contributions will be greatly missed here.

Enjoy the rest of the summer, keep the sunscreen and bug spray handy, and look for our next issue in the coming months.

*Ted Slowik*

HealthPOWER! is an award-winning, quarterly publication from the VHA National Center for Health Promotion and Disease Prevention, highlighting health promotion and disease prevention activities in VA.

## New NCP Clinician Coaching Videos Added to EES Library

NCP has updated its clinician coaching video collection, and in collaboration with the VHA Employee Education System (EES), has added 3 new videos to the EES video library. And according to NCP Health Educator Becky Hartt Minor, the new videos will help coaches—VHECs, HBCs, and HPDP Program Managers—see how to better apply their clinician coaching skills in the Patient-Aligned Care Team (PACT) setting.

“We developed the second version of the video series to demonstrate, in real world scenarios, the skills featured in NCP’s Clinician Coaching, Facilitation, and Presentation Skills for TEACH and MI Facilitators training,” explains Minor. “The videos depict coaches helping three types of

clinicians adopt and apply patient-centered communication skills with Veterans.”

Viewers can access the new Clinician Coaching Video (CC 2.0) series online. In the “Please Select” dropdown menu on the main EES Video Library Page, they can find the videos using the *Human Resources and Staff Development* or *Health & Wellness* choices. Alternatively, they can get to the 3 videos through the “What do you want to learn today?” iLearn box (top right of the EES website) and use “Clinician Coaching” as a search term.

The new video series features three scenarios that each run for approximately 10 to 20 minutes in length. In the first video scenario (*Coaching a Group of Clinicians: SMA Facilitation*), an HPDP Program Manager guides several PACT clinicians as they practice applying their TEACH and MI skills in Shared Medical Appointments

(SMAs). In the second (*Challenging interactions – Pain Management*), an HBC coaches a clinician to work collaboratively with a patient suffering from chronic pain who wants more opioids. The third video scenario (*Coaching a MOVE! Clinician*) shows a VHEC coaching a MOVE! Lead Clinician to facilitate a MOVE! group.

“We believe that watching the videos is a great way for TEACH and MI Facilitators to enhance the coaching skills they learned in clinician coaching training,” says Dr. Michael Goldstein, NCP’s Associate Chief Consultant for Preventive Medicine and one of the video’s contributors. “The vignettes show how coaches can support and empower clinicians in their efforts to guide Veterans towards health behaviors that enhance their health and well-being.”

The MyEES website is located at: <https://myees.lrn.va.gov/default.aspx>, and the three video scenarios of the Clinician Coaching 2.0 video series may be viewed at:

- <https://myees.lrn.va.gov/Video%20Center/View.aspx?vid=4704512633001>
- <https://myees.lrn.va.gov/Video%20Center/View.aspx?vid=4673271593001>
- <https://myees.lrn.va.gov/Video%20Center/View.aspx?vid=467323527100ig>

## Stories from the Field: It Has Everything!—The Veterans Health Library

*(Excerpted from an article by Lauren Heiger, Communications Specialist at VA Butler Healthcare)*

U.S. Navy Vietnam Veteran Paul Baros was an anti-submarine air crewman tasked with detecting and classifying enemy nuclear submarines. He served from 1969 - 1973, spending some of that time on the U.S.S. Ticonderoga. Paul now resides at VA Butler Healthcare's Community Living Center (CLC), but he makes frequent visits to the My HealtheVet (MHV) Program Office—most recently, to learn all about MHV's Veterans Health Library.

The VHL offers Veterans, family members, and caregivers 24/7 access to comprehensive, Veteran-focused health information. The library includes more than 1,500 health sheets, more than 150 videos, Go-to-Guides, and flipbooks that have been approved by VA experts and cover topics specific to Veterans, for example, posttraumatic stress disorder (PTSD), combat-related traumatic brain injury, Agent Orange, and cold injuries. All health information is available to Veterans, their families, and the public, no matter where the Veteran receives care.

Baros is a long-time MHV user. In the beginning, he used it primarily to refill his VA prescriptions. Once he moved into the CLC, he purchased a laptop and a tablet, and saved the MHV website as a favorite on his

electronic devices to enjoy its many features. Baros uses MHV frequently on his own, but also regularly visits VA Butler's MHV Coordinator, Lauren Heiger, to learn more about its many features.

The VHL Quick Link, located on the MHV webpage, makes the library easy to access, and Baros was amazed at all VHL has to offer—especially the Health Encyclopedia, with A-to-Z health subjects and one-touch accessibility. The one-touch accessibility is especially helpful for Baros, who has lived with chronic, debilitating tremors for years as a result of prolonged use of psychiatric medications. He has participated in medical trials and medication adjustments to ease the effects of his Pseudoparkinson's disease or Parkinsonism. His current medication has successfully reduced his hand and arm tremors, and prescription adjustments in the past have reduced severe tremors in his jaw and arms.

With the touch of his stylus to his touch screen, Baros was able to choose a single letter of the alphabet to explore the VHL's Health Encyclopedia rather than typing in a search word with his stylus or finger. The one-letter touch produced an alphabetic list of health topics for him to easily choose from and click. "It has everything!" Baros said, "Knowing this is here, I can search various topics and consult with my doctor."

The Health Encyclopedia search provided Baros with medication side effects, treatment options, and a "Learn More" section to the right of the screen that features the links: "Health Education" and "Medication Reference" to refine the results of his search.

Once Baros touched the "Medication Reference" link, it drilled the data down further. The "Drug Search" link lists the letters of the alphabet—and with a pull-down menu, every medication becomes available in alphabetical order—all at the touch of the alphabet button!

As Baros explained the facets of his condition to Heiger aloud, he also would touch the screen on the topic and confirm his knowledge base—with diagrams, definitions, additional links, and resources. "Knowing that the VHL is on the MHV home page, I am able to search various topics and learn new things. And, the VHL's Health Encyclopedia saves me from having to use my stylus to type each letter of a search word! Now, I can touch a single letter and select from the list of health topics that appear in alphabetical order at the touch of a letter on the screen. This is such a help for me with my hand tremors, to be able to select the letter of the search word—rather than spelling it out."



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The full article appears in the Spring 2016 edition of VA Butler Healthcare's quarterly newsletter (<http://www.butler.va.gov/pdf/LBSpring2016.pdf>) and on the VA Butler Healthcare website ([http://www.butler.va.gov/BUTLER/features/Veterans\\_Health\\_Library.asp](http://www.butler.va.gov/BUTLER/features/Veterans_Health_Library.asp)).

The VHL can be accessed at: <http://www.veteranshealthlibrary.org/>

### ***What They're Saying About: NCP's Monthly Healthy Living Message Resources***

*"It's so awesome that you provide these—we are grateful. We put them up on our electronic bulletin board system and they help to keep the content fresh...."*

*--Visual Information Specialist, Dayton VAMC*

### ***What They're Saying About: NCP's Monthly Update***

*"We do a monthly update of our strategic goals, but...I've been thinking of doing something similar to NCP so I can connect with the field. We have a different format, but I love your content in the resource list!"*

*--National Program Director, PCS*

### NCP Training updates

- **Clinician Coaching, Facilitation & Presentation Skills for TEACH & MI Facilitators - August 9-11, 2016, Columbia, MD.** Pre-Registration for this course was completed in June. Approval notices were emailed this month.
- **Clinician Coaching Conference Call Series** – the next call has been rescheduled to Wednesday, August 24, 2016, 1pm ET.



The **VHL recently won an Apex Award of Excellence** in the Website subcategory. Apex Awards are based on excellence in graphic design, editorial content, and overall communications excellence. This year's annual competition for print, Web, electronic and social media included more than 1,600 entries.



### NCP Clinical Preventive Services updates

- NCP is now working on a **new national clinical reminder for Human Papilloma Virus (HPV) immunization.**
- **VHA Clinical Preventive Services guidance statement on Screening for Cognitive Impairment** (formerly titled Screening for Dementia) has been updated and recently published. The guidance states that VHA does not recommend screening for cognitive impairment in *asymptomatic* older adults. Clinicians, however, should be alert to early signs and symptoms of cognitive impairment and evaluate as appropriate. The full guidance statement is available at: [http://vaww.prevention.va.gov/Screening\\_for\\_Cognitive\\_Impairment.asp](http://vaww.prevention.va.gov/Screening_for_Cognitive_Impairment.asp).
- **Screening for HIV Statement** is ready for publication.
- Statements on Influenza guidance statement, HPV Immunization, and Screening for Breast Cancer are under revision.



**MOVE's redesigned, public-facing website is now live** and available at: [www.move.va.gov](http://www.move.va.gov). Many improvements have been made, including the ability to filter and search MOVE! Success Stories. This upgrade is the first step in a larger reorganization of NCP and MOVE! communications platforms, with work currently being done on NCP and MOVE! Intranet and SharePoint sites. Stay tuned for more updates, and thank you for your patience during this transition!

**MOVE! TMS Course** has been updated and may be accessed by searching for item number 29244 in the TMS catalog. One and a half hours of continuing education credit is available upon completion of the course. Discipline specific accreditations include: ACCME, ACCME-NP, APA, ANCC, ACPE, CDR, ASWB. With this update, continuing education credit for social workers is now available!

**MOVE! Handbook (VHA Handbook 1120.01) has been updated** and has been submitted for concurrence and approval. Until the updated version is approved, the current version (<https://vaww.move.med.va.gov/PolicyDocs.asp>, dated 3/31/2011) remains in effect.

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Over the last several months we have been working on **revising the current MOVE! performance measure**. Thank you to everyone who provided feedback on several proposed options. NCP's national MOVE! team will be reviewing the information and selecting a new measure that will be announced on the August 9th National MOVE! Call.

In May, NCP's **Dr. Sue Raffa traveled to Minneapolis to attend the VISN 23 Prevention Conference** and meet with the MOVE! Coordinators who were in attendance. Dr. Raffa and the group agreed that it was a valuable opportunity to share information, learn more about each other's perspectives, and identify program goals.



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**Starting in September 2016, Monthly *Gateway to Healthy Living* Informational calls are moving** from the fourth week of each month to the third week. The next informational call is August 29, 2016, from 1-2 pm ET. NCP strongly recommends staff check the Gateway Calendar (<http://vaww.infoshare.va.gov/sites/prevention/Gateway%20to%20Healthy%20Living/Lists/Calendar/calendar.aspx>) on the NCP SharePoint (<http://vaww.infoshare.va.gov/sites/prevention/Lists/Calendar/calendar.aspx>) for the most current call information.

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**Information on the July Monthly Prevention Topic – ‘Take Control of Type 2 Diabetes – Eat Wisely & Be Physically Active,’** is available on NCP’s Internet website at: <http://www.prevention.va.gov/MPT/index.asp>

- **Take Control of Type 2 Diabetes – Eat Wisely & Be Physically Active Resource Document** - <http://www.prevention.va.gov/MPT/index.asp>
- The NCP’s Monthly Healthy Living topics can also be found at the **Health Promotion and Disease Prevention Space on VA PULSE** - <https://www.vapulse.net>

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**United States Preventive Services Task Force (USPSTF) final recommendation statement on screening for colorectal cancer** was posted on June 15, 2016, and recommends screening for colorectal cancer starting at age 50 years and continuing until age 75 years. The decision to screen for colorectal cancer in adults aged 76 to 85 years should be an individual one, taking into account the patient's overall health and prior screening history. The recommendation and the evidence on which it is based are available at: <http://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/colorectal-cancer-screening2>, and can also be found in the June 15, 2016, online issue of *JAMA*. The VHA Preventive Medicine Field Advisory Committee (PMFAC) will be reviewing the VHA screening for colorectal cancer guidance statement to determine what updates might be needed.

**USPSTF final recommendation statement on screening for syphilis infection in non-pregnant adults and adolescents** was released on June 7, 2016. It strongly recommends screening individuals at increased risk for syphilis infection, and is available at: <http://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/syphilis-infection-in-non-pregnant-adults-and-adolescents>, and a fact sheet that explains the final recommendation in plain language is also available. The final statement can also be found in the June 7, 2016, online issue of *JAMA*.

**USPSTF final research plan on screening for peripheral artery disease in adults with the ankle brachial index** is available at: <http://www.uspreventiveservicestaskforce.org/Page/Document/final-research-plan/peripheral-artery-disease-in-adults-screening-with-the-ankle-brachial-index>.



**Emily Walker, outpatient dietitian and MOVE! Program Coordinator** at the Overton Brooks VA Medical Center in Shreveport, Louisiana, has been named **Louisiana's Dietitian of the Year**. Read the story here: Shreveport Dietitian Honored by State Academy ([https://vaww.portal2.va.gov/sites/VHACommunications/News\\_and\\_Features/Lists/Posts/Post.aspx?ID=372](https://vaww.portal2.va.gov/sites/VHACommunications/News_and_Features/Lists/Posts/Post.aspx?ID=372)).



### Articles/Research of Interest

- Williamson JD, Supiano MA, Applegate WB, et al. Intensive vs. Standard Blood Pressure Control and Cardiovascular Disease Outcomes in Adults Aged  $\geq 75$  Years: A Randomized Clinical Trial (<http://click.skem1.com/click?bif33-31kmv7-1b5mq031>). *JAMA*. 2016;315(24):2673-682.
- Chobanian AV. SPRINT Results in Older Patients: How Low to Go? (<http://click.skem1.com/click?bif33-31kmv5-1b5mq039>). *JAMA*. 2016;315(24):2669-670.
- Mora M, Ames JM, Manson JE. Low-Dose Aspirin in the Primary Prevention of Cardiovascular Disease: Shared Decision Making in Clinical Practice (<http://click.skem1.com/click?becj8-2k1te1-1b5mq037>). *JAMA*. Published online June 20, 2016.
- Boissy A, Windover AK, Bokar D, et al. Communication Skills Training for Physicians Improves Patient Satisfaction. *J Gen Intern Med*. 2016;31(7):755-61.
- Nickoloff SJ. Capsule Commentary on Boissy et al., Communication Skills Training for Physicians Improves Patient Experiences. *J Gen Intern Med*. 2016;31(7):778.



In July, **Lori Hoffman Högg, M.S., R.N., CNS, AOCN®**, joined NCP as the National Program Manager for Prevention Policy. Based in Albany, New York, she most recently served as the Cancer Program Director for the Stratton/Albany VAMC. Lori also serves as the VHA National Oncology Clinical Advisor for VACO's Office of Nursing Services, and is an appointed member of the National Academies Institute of Medicine (IOM) National Cancer Policy Forum. She completed her Master's at the State University of New York - Syracuse with a clinical nurse specialty in adult health, and is an advanced oncology-certified nurse. At NCP, Lori will advise the Chief Consultant on clinical preventive services (CPS) policy development process, support the activities of the PMFAC, and develop, maintain, and revise HPDP and CPS tools and resources.

## Recent Retirements of NCP Staff

**Barbara Hebert Snyder, M.P.H.**, Health Education Coordinator with NCP's National VHEI Program, retired on July 1, 2016. She was one of five health educators hired in the mid-1970s to implement VHA's new Patient Health Education Program.

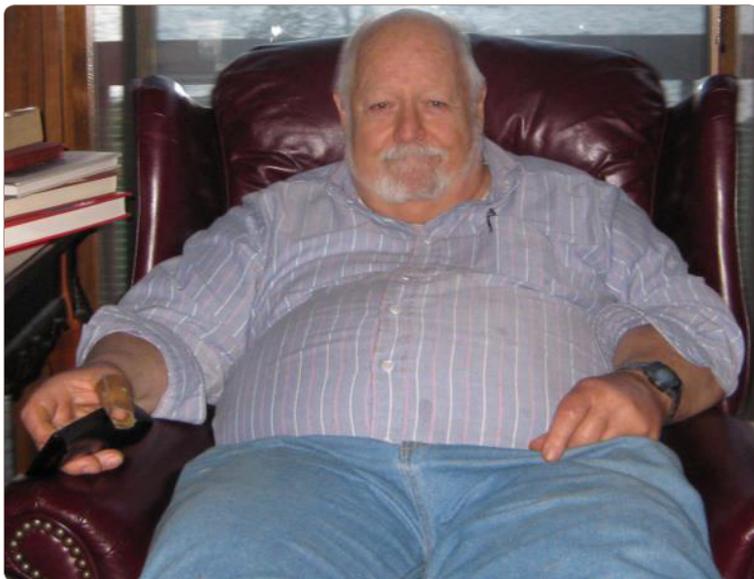
For 5 years, Barbara worked with VAMCs in Washington, D.C., Maryland, and West Virginia to establish the program. She transferred to the Cleveland Regional Medical Education Center in 1980 and worked there for 14 years as the Patient Health Education (PHE) Coordinator. In that role, she provided consultation to 26 VA facilities to help develop their facility-based PHE Programs. She also created and implemented a number of continuing education programs for PHE Coordinators and clinical staff to enhance their skills in delivering patient-centered health education to Veterans, including the precursor to the current TEACH program.

Barbara left VHA for 14 years to provide health education consultation services to several health care agencies and organizations. She rejoined VHA in 2008, and at NCP developed organizational and skill development opportunities, resources, and tools for facility VHEI Programs, VHECs, and clinical staff to enhance the quality and breadth of health education for Veterans.

**Heidi Martin, M.A., B.S.N.**, Clinical Informaticist and NCP's HLA Project Manager, retired in June 2016, after 10 years of VA service. A U.S. Army Nurse in the 1970s, Heidi cared for many Vietnam Vets and has special place in her heart for these brave people. Prior to joining VA, she worked in health care industry for many years, notably serving as Director of Market Research for the *New England Journal of Medicine*. While in VA, Heidi also worked in the Performance Measurement Group and as project manager for NUMI system in Utilization Management. In retirement, Heidi plans to continue "giving back" to Veterans on a volunteer basis.



## Veteran John Crago Discusses How MOVE! Helped Him End His Long-Standing Relationship With 'Jumbo John' and Lose 142 Pounds



“Four days after my discharge from the U.S. Navy, I enrolled in college...and shortly thereafter, I met Jumbo John, aka ‘JJ.’ He was friendly and agreeable, and we became virtually inseparable. He introduced me to the college diet—hot dogs and beer—and as a result, I graduated a ‘bigger’ man. JJ and I started a friendship that would last for decades.

After graduation, I went to work, got married, and raised a family. My relationship with JJ continued, and would’ve gone unnoticed if not for the high blood pressure, high cholesterol, and diabetes I developed from carrying the excess weight. But because these problems could be managed with medication, our relationship continued.

Sadly, after 42 years, my wife passed away, leaving me alone with JJ. Without her healthy cooking, I discovered that JJ

filled the void in my life. Our relationship grew, and within a few years, I developed untreatable joint pain.

I finally realized that my relationship with JJ had been wrong, all the way from the start.

But ending a 55-year relationship wasn’t so easy. I’d been obese for 30 years, and tried everything—but the weight I lost always returned quickly. My son wanted me to split from JJ surgically, but that seemed too severe. A book on gastric-bypass surgery and an interview with a happy patient didn’t make me want to jump on the operating table. In fact, learning that the surgery required a strict lifetime diet and came with a multiplicity of side effects scared the hell out of me! The only thing I knew for sure was that my relationship with JJ had to end, quickly.

Then the ‘hero rode in on a white horse’—but in my case, the hero came with a swimming pool! To treat severe back pain, I was doing aquatic therapy at the Battle Creek (MI) VAMC with kinesiotherapist Ann Greiner. She asked if I’d be interested in joining MOVE!, then enthusiastically explained it to me. I had nothing to lose, so I accepted her offer.

When I entered MOVE!, I weighed 337 pounds and suffered from several weight-related conditions. I started losing weight immediately, and got an energy increase that allowed me to start exercising. The better I felt, the more incentive I had to lose weight—it was like having my own cheerleader. In 50 weeks, I met my original goal of 220 pounds, and I continued to lose weight until I finally hit 195 pounds.

Now, over 2 ½ years later, JJ is gone forever, and with him, 142 pounds, high blood pressure and cholesterol, diabetes...and all of the required medications. My neck size has gone from 20 to 15 inches; my waist size from 54 to 38 inches.



Losing weight has been wonderful, but keeping it off has been the real blessing. I now exercise daily and carefully control my calories. I've been able to hold my weight for 3 years with the help of the MOVE! Maintenance Program. I'm enjoying doing things I couldn't do before, and weight loss has given me a new lease on life!

Thankfully, I still have my original stomach, and my only food restrictions are self-imposed. Except for some permanent damage from my relationship with JJ, I am in excellent health.

Looking back, I have only two regrets: that I ever started a relationship with Jumbo John in the first place, and that I didn't meet Ann Greiner and learn about the MOVE! Program sooner!"

# CALENDAR *of* EVENTS

## **NCP Education Conference Call**

2nd Tuesday of the third month of each quarter

1:00 pm ET

1-800-767-1750, Access Code 18987#

• Upcoming call—September 13

## **NCP Integration Conference Call**

2nd Tuesday of the first and second months of each quarter

3:00 pm ET

1-800-767-1750, Access Code 18987#

• Upcoming calls—August 9, October 11

## **VISN MOVE!® Coordinators Call**

2nd Tuesday of the third month of each quarter

3:00 pm ET

1-800-767-1750, Access Code 59445#

• Upcoming call—September 13

## **Veterans Health Education Hotline Call**

4th Tuesday of the month

1:00 pm ET

1-800-767-1750, Access Code 16261#

• Upcoming calls—August 23, September 27

## **Health Promotion/Disease Prevention Conference Call**

1st Tuesday of the month

1:00 pm ET

1-800-767-1750, Access Code 35202#

• Upcoming calls—August 2, September 6

## **VISN/Facility MOVE!® Coordinators and Physician Champions Call**

2nd Tuesday of the first and second months of each quarter

3:00 pm ET

1-800-767-1750, Access Code 59445#

• Upcoming calls—August 9, October 11

## **National Health Behavior Coordinators Call**

2nd Wednesday of the month

12:00 pm ET

1-800-767-1750, Access Code 72899#

• Upcoming calls—August 10, September 14

VHA National Center for Health Promotion and Disease Prevention (NCP)  
Office of Patient Care Services  
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### NCP MISSION

The VHA National Center for Health Promotion and Disease Prevention (NCP), a field-based office of the VHA Office of Patient Care Services, provides input to VHA leadership on evidence-based health promotion and disease prevention policy. NCP provides programs, education, and coordination for the field consistent with prevention policy to enhance the health, well-being, and quality of life for Veterans.

**Address suggestions, questions,  
and comments to the editor:**

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[www.prevention.va.gov](http://www.prevention.va.gov)**