

Promoting health careers to high school students and adults is one way we work toward fulfilling our AHEC mission. Meredith Black and Jeanette Kragel spend much of their time working with young people through programs outlined in this report. Students we met as middle and high school students are moving into undergraduate programs and health professions programs.

AHEC Career Enhancement Scholars (ACES)

ACES is a statewide program designed for high school students interested in pursuing a career in primary care: family practice, internal medicine, pediatrics, advanced practice nursing, nursing, general dentistry or dental hygiene. This program begins with students in grades 9-12 who display a strong interest in pursuing in-state education and a career in rural or underserved Missouri. A second stage of programming and career preparation is designed for undergraduate students from these backgrounds who continue to pursue a career in primary care. Through ACES, we foster the "grow your own" philosophy that was the basis for the development of the Primary Care Initiative for Missouri (PRIMO) program.



Forty high school students and 11 undergraduates represent 15 of the 19 counties in our service area. Accomplishments include:

- Three students were accepted to medical schools; two received reserved admission to dental school, one received early admission to a BSN program.
- 13 of the 16 high school seniors entered college pursuing health careers.
- 21 high school students and 12 undergraduates recommitted to the program for the 2006-2007 academic year.
- The 40 high school students shadowed 1,009 hours with approximately 95 health professionals.
- 50 students impacted nearly 1,000 northwest Missourians through Primary Care Leadership Projects.
- The 51 participants had the opportunity to attend six ACES specific workshops and nine open invitation events in addition to two sessions of individual career planning.

Health Career Interest Group (HCIG)

Membership in the HCIG increased by 167 in this, its third year of open enrollment for students interested in exploring or pursuing a health career. This year the group expanded to include adults. Newsletters are sent every other month to members and counselors highlighting a career, calendar of group activities, academic skills, study skills and personal development. This year, 171 students attended eight workshops. Topics included an anatomical study of the heart, Primary Care Night, Public



Health Workshop, ACT prep, CPR, two Surgical Experience Workshops, and an anatomical study of the brain. Also 72 undergraduate students attended events featuring admissions personnel from Missouri medical and dental schools, MCAT and DAT preparations and portfolio planning sessions.

Health Career Presentations

Students develop an interest in a health career from many sources such as a sick family member, a family member who is a health professional, or perhaps they hear a presentation in school about a health career. NWMO AHEC staff members made 45 presentations in school settings to more than 1,100 students and teachers about health careers.



Youth Programs

With Heartland Regional Medical Center's Workforce Development and Volunteer Services, a "Health Explorers" program is held monthly at Robidioux Middle School and Spring Garden Middle School in St. Joseph. Approximately 50 students participated in this nine-month program. With St. Joseph School District, two programs are coordinated for elementary and junior high school students. A summer school program "So You Want to be a Doctor, Nurse or Health Professional" is a summer school program that exposes upper elementary students to health careers over a two week period. In addition, AHEC collaborated with the St. Joseph School District's Rainbow class of 34 gifted sixth grade students for a day of health career exploration.

Legislative Champion

Northwest Missouri AHEC is extremely fortunate to be a region with outstanding and supportive legislators. **Representative Brad Lager** of Maryville was presented with the 2005 MAHEC Legislative Champion award. This coming on the heels of the 2004 award going to Senator Charlie Shields of St. Joseph. These legislators have impacted the status of MAHEC and we are honored to have them as representatives of our region and members of our Board of Directors. We have a great appreciation for all our state and federal legislators who take the time to learn about our programs, meet our students, and support the MAHEC Mission.



Clinical Training

This year was a first for our center; two students who began their experience with AHEC as roommates at a Primary Care Resources Initiative of Missouri (PRIMO) College Preparatory Academy even before our center was formed in 1996, returned to northwest Missouri for third year medical school rotations. Molly Breckenridge Harp is a student at the Kansas City University of Medicine and Biosciences. She and her husband live in Cameron.

Angela Whitten Etzenhauser, originally from Kearney, attends the University of Missouri-Columbia School of Medicine. Angela, her husband and two daughters moved to Platte City for her third year Rural Track rotations in St. Joseph. We anticipate that both students will practice in our region when they finish their residencies.

Molly and Angela were just two of the 58 students that completed rotations this year, resulting in 295 weeks of clinical training in nine northwest Missouri counties. They represented six medical, dental and dental hygiene schools. This was the second year to host dental hygiene students and dental students with rotations in a federally qualified health center or public health center.

Our center, students and their schools are very appreciative of the 54 physicians, dentists, and dental hygienists who served as preceptors for these students in 17 disciplines. All the students and their preceptors are provided with access to the MAHEC digital library for resources to support clinical care and research activities.

During this year, regional preceptors had opportunities to meet with University of Missouri-Columbia School of Medicine faculty to discuss the training of medical students. Faculty from MU visited St. Joseph in November 2005 and the Preceptor Symposium was held in April, 2006 in Columbia. Symposium attendees were awarded 7.5 AMA-PRE credit hours.



Community Collaboration

NWMO AHEC is grateful for the hospitals, health departments, and colleges / universities that collaborate with our center on many projects and workshops. The expertise and experience they add to our programs is invaluable to us.

Community partners hosted "Safety Acres," a day camp for youth ages 7-11 on April 8, 2006 at Hillyard Technical Center as a part of the AHEC mission to promote healthy communities with our partners.

Over the year 30 middle school students, 29 MWSU students and 14 senior citizens in St. Joseph participated in the **Lasting Intergenerational Fellowship Experience (LIFE)** program. Created by St. Joseph native and University of Missouri – Columbia medical student Karli Echterling, LIFE generated collaboration between Robidoux, Missouri Western State University, the Living Community of St. Joseph, AHEC, Heartland Foundation and Public Achievement.

Over 150 high school students throughout Northwest Missouri are speaking out against smoking and tobacco use. **Smokebusters** is a three-year program teaching teens about the dangers of second-hand smoke and tobacco so they can educate others. This year in *Phase Two*, students focused on advocacy and what teens can achieve through use of local media in tobacco use prevention. They also touched on the importance of interaction with all levels of government, collaboration with school boards, city councils, and other local and state officials.

Public health nurses, administrators, and educators from four northwest Missouri counties attended two training sessions through a grant from the National Library of Medicine to better access the Internet for information on consumer health and professional information.



Northwest Missouri AHEC

2005-2006 Annual Report



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Connecting students to careers, professionals to communities, and communities to better health was the tagline introduced by the National AHEC Organization this year and it was quickly adapted by the Missouri AHEC. We believe the tagline describes in plain words what we do—*connect*.

This year, we made progress toward our mission to enhance access to quality healthcare, particularly primary and preventative care by growing and supporting Missouri's health care workforce. The staff of Northwest Missouri AHEC anticipates that you will read through this report to discover the accomplishments made this year. Many of you who receive this annual report have been an integral part of our success this year—and for your contribution, we are very grateful. We hope you will contact us if we can be of assistance to you or if you know a student or adult we can encourage along their path to a health career.



Mary Reid, pre-nursing at MWSU was the northwest Missouri AHEC Career Enhancement Scholar (ACES) Tamra Lisy Scholar nominee for 2005-2006. She joined ACES as a sophomore from Bosworth High School in 2003.

Please remember that we are a part of a bigger "system." Our six sister centers and three program offices are all working alongside us to meet our statewide mission for Missouri citizens through:

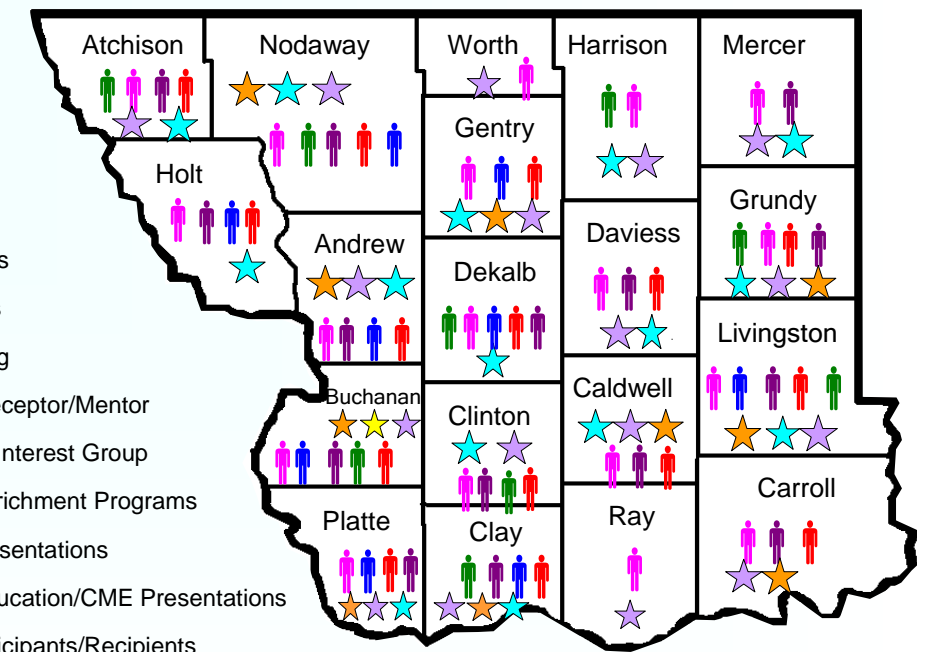
- Creating academic-community partnerships;
- Promoting health care careers to Missouri youth;
- Identifying and supporting potential health professionals;
- Promoting high quality training of health professions students;
- Providing educational resources to increase the retention of practitioners;
- Partnering with state agencies and other organizations to promote overall improvement of community health status.

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Missouri AHEC: Connecting students to careers, professionals to communities and communities to better health.



Continuing Education

During 2005-2006 four evening continuing education sessions were held for advanced practice nurses in northwest Missouri. In collaboration with Heartland Regional Medical Center's Diabetes Center, a full-day event focused on diabetes was held in May. Five physicians lectured on the topics of inpatient and outpatient care, insulin administration and control, cardiac related issues and clinical strategies for diabetic patients. This event was attended by 115 providers.



Northwest Missouri Area Health Education Center is a regional center of the Missouri Area Health Education Centers (MAHEC) statewide system. The MAHEC mission is to enhance access to quality health-care, particularly primary and preventative care by growing and supporting Missouri's health care workforce. Northwest Missouri AHEC is supported in part by agreements with the University of Missouri-Columbia School of Medicine and funds from the Bureau of Health Professions of the US Health Resources and Services Administration (HRSA) Cooperative Agreement #5 U77 HP01069-02-00; an agreement with the A.T. Still University of Health Sciences/Kirksville College of Osteopathic Medicine and funds from the Missouri Department of Health and Senior Services (DHSS) contract #ERS 186-6011; and Heartland Health.

For more information or to contact us,
see the state website at
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or the Northwest Missouri AHEC site at
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