



Anchorage, Alaska
September 26-28, 2018

Conference *Program*



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

EPIDEMIOLOGY CENTER



6th Biennial

2018 Alaska Maternal Child Health & Immunization Conference



The biennial Alaska Maternal Child Health and Immunization Conference was first held in Anchorage in September 2008.

The conference is organized by the Alaska Native Epidemiology Center and the Alaska Division of Public Health, Section of Women's, Children's and Family Health. We are excited to provide an opportunity for rural and urban Alaska health professionals to come together to learn about best practices and tools for the prevention of key and emerging maternal, child and family health issues in Alaska.

CONFERENCE OBJECTIVES

- ✓ Engage a multidisciplinary audience in sharing experiences and ideas that advance collaborative innovations.
- ✓ Promote best practices and tools for the prevention of key and emerging maternal child and family health issues in Alaska.
- ✓ Present up-to-date research and recommendations on issues of concern to health professionals and policy makers working in rural and urban Alaska.

Table of Contents

2	Floor Plans
4	General Information
5	Continuing Education Credits
6	Plenary Speakers
10	Agenda—Day 1 September 26
12	Day 1—Session Descriptions
16	Film Screening— <i>Dark Side of the Full Moon</i>
18	Agenda—Day 2 September 27
24	Day 2—Session Descriptions
37	Film Screening— <i>We Heard the Bells</i>
38	Agenda—Day 3 September 28
40	Day 3—Session Descriptions
45	Sponsors
46	Exhibitors
48	Planning Committee Members

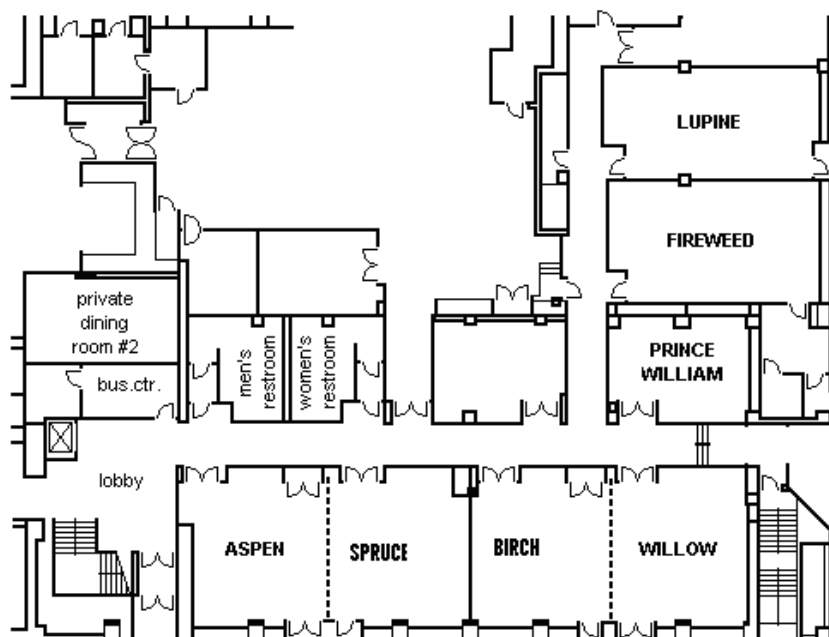


Advancing Wellness Across the Lifespan

Hilton Anchorage

- Floor Plan -

Main Level

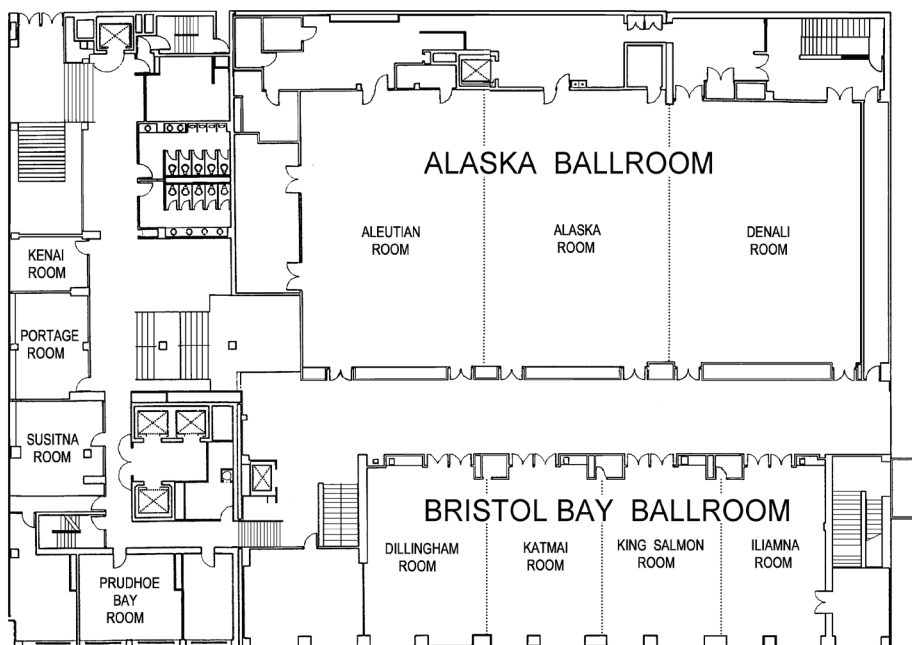


1

Hilton Anchorage

- Floor Plan -

Second Level



2

General Information

Hotel Wifi

Conference attendees can access the free wifi by selecting **hiltonconference** and entering the password “**summertime**”.

Poll Everywhere

Interactive polling is in use at the 2018 Alaska MCH & Immunization Conference through *Poll Everywhere*. You can participate in two different ways:

- ◆ **Text message:** Text the keyword MCH2018 to the five-digit number 22333. After sending the message, you'll get a confirmation you are part of the conference session.
- ◆ **Web browser:** Open any browser to www.pollev.com/MCH2018.

Lactation Room

A lactation room is available. Please see the conference registration desk for a key.



Conference Evaluations

Want to improve the MCH & Immunization Conference for 2020? After the conclusion of the conference, you will receive an email with the link to the evaluation form. Please complete the online form, which will enter you to win one of three \$25.00 Wells Fargo VISA gift cards.

Those seeking CE credit:

In order to receive contact hours you must have registered for the conference, sign in for every day you attend, and attend at least one session. You will be handed a certificate duplicate form at the end of your last day. After you note the hours of your certificate, keep the white copy and put the yellow copy into a box at the conference registration desk for archives.

We request restless infants be promptly attended to outside the meeting rooms as a courtesy to other participants.

Continuing Education Credits

Approved Provider Statements

Alaska Native Tribal Health Consortium (ANTHC) is accredited by the Washington State Medical Association to provide continuing medical education for physicians.

ANTHC is approved as a provider of continuing nursing education by the Montana Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Contact Hours

ANTHC designates this provider-directed activity for a maximum of 13.5 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ANTHC designates this activity as meeting the criteria for one nursing contact hour credit for each hour of participation up to a maximum of 13.5 hour(s).

Conflict of Interest Disclosures

All presenters and conference planners for this activity do not have any relevant relationships or conflict of interests to disclose.

Requirements for Successful Completion

To receive CE credit, please make sure you sign in each day to claim credit commensurate with your participation, and complete the online course evaluation form.

For more information contact learning@anthc.org or (907) 729-1387.

CPH - The ANTHC EpiCenter is approved as a provider of continuing public health education credits by National Board of Public Health Examiners. Up to 13 CPH Recertification Credits may be earned at this event.

CHA/P - The 2018 Alaska MCH and Immunization Conference has obtained approval to offer CHAP continuing education credits by the Community Health Aide Program Certification Board (CHAPCB).

BHA - The 2018 Alaska MCH and Immunization Conference has obtained approval to offer Behavioral Health Aide continuing education credits through the Alaska Behavioral Health Academic Review Committee.

Plenary Speakers *Day 1*

Opening Remarks

Roald Helgesen, MS is Chief Executive Officer and Hospital Administrator at the Alaska Native Tribal Health Consortium (ANTHC). Prior to joining ANTHC, Helgesen was the President and CEO of the SouthEast Alaska Regional Health Consortium (SEARHC). Helgesen serves as a member of the Alaska Tribal Health Directors and the Alaska State Hospital and Nursing Home Association. Helgesen grew up in Sitka and is an enrolled Tribal member of Sitka Tribe of Alaska and Central Council of Tlingit and Haida Indian Tribes of Alaska. He graduated magna cum laude from the University of Alaska Anchorage with a Bachelor of Arts degree in Political Science and earned his Master of Science degree in Health Care Administration from Trinity University in San Antonio, Texas. Helgesen is a member of the American College of Healthcare Executives and the Healthcare Financial Management Association.



Opening Remarks

Valerie Nurr'araaluk Davidson, JD was appointed Commissioner of the Alaska Department of Health & Social Services (DHSS) by Governor Bill Walker in December 2014. She leads eight state divisions within the department to promote and protect the health and well-being of Alaskans.

Under Davidson's leadership, Alaska expanded Medicaid providing health care to thousands of Alaskans. She also worked with the Alaska Legislature to negotiate a bi-partisan Medicaid Reform bill, providing for the redesign of Alaska's Medicaid program, including comprehensive Behavioral Health Reform. Davidson has worked to improve partnerships with Tribes and Tribal organizations in the delivery of health and child welfare services. She also negotiated a new tribal claiming policy to extend health care services by leveraging partnerships between tribal and non-tribal health organizations.



Plenary Speakers *Day 1*

continued

Davidson earned her Juris Doctorate, with a certificate in Indian law, from the University of New Mexico School of Law, and a bachelor's degree in education with a specialty in early childhood education and a minor in bilingual education from University of Alaska Southeast. Davidson, a Yup'ik was born in Bethel and is an enrolled tribal member of the Orutsararmiut Native Council (ONC). Most important, Davidson is a mother to four children.

Plenary 1—Behavioral Health Aides: Preventing and Treating the Effects of Early Childhood Trauma in Alaska Native Communities

Xiomara Owens, MS

Director, BHA Program, ANTHC

Sheri Patraw, BA

Program Manager, BHA Program, ANTHC

Claudia Sampson, BHA

Maniilaq Association

Patricia Marston, CDCI, BHI

Counselor, Kenaitze Indian Tribe

Johon Atkinson, BHA

Wellness Counselor, Wil la mootk Counseling Center

Plenary 2—FASD in the Context of the Opiate Epidemic: Important Considerations and Overlap

Stephanie Eklund, MD, FACOG

OB/GYN Doctor, ANMC/Southcentral Foundation

Marilyn Pierce Bulger, FNP/CNM

Founder, Anchorage FASD Diagnostic Team

Evelyn D. Rider, MD

Neonatologist, Alaska Neonatology Associates

Sherrell Holtshouser, RN, MPH

Alaska 4P's Plus Project, DHSS

Plenary Speakers *Day 2*

Plenary 3—The Fatherhood Project: Men in Prenatal Care

Milton Kotelchuck, PhD, MPH is Vice-President and Co-Founder of Day Before Birth. Dr. Kotelchuck is winner of the 2010 Martha May Eliot Award, the top honor given for Maternal Child Health by the American Public Health Association. Dr. Kotelchuck is now Professor of Pediatrics at Harvard Medical School and Senior Scientist in the Maternal Child Health Center in the Center for Child and Adolescent Health Policy at Massachusetts General Hospital.



Plenary 4—Suicide Prevention Panel: Role of Culture

Dorian A. Lamis, PhD

Assistant Professor, Department of Psychiatry and Behavioral Sciences, Emory University School of Medicine/Grady Health System

Farrah Greene-Palmer, PhD

Crystallyn Lemieux, BS

Prevention Coordinator, Unsañ Jan Program, Cook Inlet Tribal Council

Carol Seppilu

Cultural Activities Specialist, Quoyanna Care Center, Nome, Alaska



Plenary Speakers *Day 3*

Plenary 5—Influenza Vaccine: It's Complicated

Mark H. Sawyer, MD is a Professor of Clinical Pediatrics and a Pediatric Infectious Disease specialist at the UCSD School of Medicine and Rady Children's Hospital San Diego. He is the medical director of the UCSD San Diego Immunization Partnership, a contract with the San Diego County Agency for Health and Human Services to improve immunization delivery in San Diego. He is a current member of the American Academy of Pediatrics Committee on Infectious Diseases and a past member of both the FDA Vaccines and Related Biological Products Advisory Committee and the CDC Advisory Committee on Immunization Practices (ACIP).



Plenary 6—Indigenous Midwifery: Transforming Discourse

Nicolle L. Gonzales, Diné-Navajo, RN, MSN, CNM is the Executive Director and Founder of Changing Woman Initiative, a Native American women-led health collective. Gonzales received her Bachelor of Nursing and her Master of Nurse-Midwifery at the University of New Mexico. She is a member of the American College of Nurse-Midwives and is certified with the American Midwifery Certification Board. She has over 12 years experience as a nurse and has worked as a Nurse-Midwife doing full-scope midwifery for the last 7 years. Through the years, she has worked on several community projects around birth equity and served as the founding board president and vice board president of two birth centers in NM. In addition to attending births, Nicolle was a contributing author to the "American Indian Health and Nursing" book in 2015 and is a contributing writer for the Indigenous Goddess Gang online magazine, where she discusses indigenous birth, midwifery, ceremony, reproductive justice, and indigenous feminism.



Margaret David, CNM

Midwife, ANMC/Southcentral Foundation

Time	Presentation
10:30 AM-12:30 PM	On-site Registration / Exhibitor Set-up
12:30 PM	Conference Kick-Off
1:00-1:30 PM	Welcoming Remarks
1:30-2:30 PM	Plenary 1—Behavioral Health Aides: Preventing and Treating the Effects of Early Childhood Trauma in Alaska Native Communities
2:30-2:50 PM	Refreshments with Exhibitors
Breakout Sessions 2:50-3:50 PM	A1—Standardized Severe Maternal Morbidity Review: Use of Teams, Tools, and Tracking
	A2—Ongoing Mumps Outbreak Results in Recommendations for a Third Dose of Vaccine—Alaska, 2017-2018
	A2—Increasing HPV Vaccinations in Alaska
	A3—Healthy Alaskans 2020: Insuring Health Equity and Quality Across the Lifespan
	A3—Healthy Drinks for Healthy Kids: Public Health and Dental Professionals Team Up to Reduce Sugary Drink Consumption
	A4—Empowering Youth for Healthier Communities: Lessons Learned from LeadOn!
3:50-4:00 PM	Transition
4:00-5:00 PM	Plenary 2—FASD in the Context of the Opiate Epidemic: Important Considerations and Overlap
5:00 PM	Closing for Day 1
6:00 PM	Film— <i>Dark Side of the Full Moon</i>

Wednesday, September 26

Presenters	Room
	Promenade/Aleutian
	Alaska/Denali
Roald Helgesen, MS Valerie Nurr'araaluk Davidson, JD	Alaska/Denali
<i>Xiomara Owens, MS Sheri Patraw, BA Claudia Sampson, BHA Johon Atkinson, BHP Patricia Marston, CDC1, BHI</i>	Alaska/Denali
	Aleutian
<i>Sarah Truitt, MD, FACOG Kristen (Kacy) Stille, MD, FACOG</i>	Dillingham
<i>Amanda Tiffany, PhD, MPH</i>	Katmai
<i>Leisha Nolen, MD</i>	
<i>Cheryl Dalena, CTTS, BS Lisa McGuire, MPH Lauren Kelsey, MPH</i>	King Salmon/Iliamna
<i>Megan Juneau, MA Rachel Romberg</i>	Birch/Willow
<i>Stephanie Eklund, MD, FACOG Marilyn Pierce Bulger, FNP/CNM Evelyn D. Rider, MD Sherrell Holtshouser, RN, MPH</i>	Alaska/Denali
	Alaska/Denali
<i>Discussion with Maureen Fura after film</i>	Birch/Willow

Day 1 Session Descriptions

1:30 – 2:30 PM

Alaska/Denali Room

Plenary 1—Behavioral Health Aides: Preventing and Treating the Effects of Early Childhood Trauma in Alaska Native Communities

Xiomara Owens, MS

Sheri Patraw, BA

Claudia Sampson, BHA

Patricia Marston, CDCI, BHI

Johon Atkinson, BHA

Participants will meet members of the ANTHC Behavioral Health Aide Program and a panel of three Behavioral Health Aides (BHAs) from multiple regions of Alaska. Panelists will provide an overview of the Adverse Childhood Experiences (ACEs) study and will demonstrate how early adverse childhood experiences such as abuse, neglect and household dysfunction can lead to poor health outcomes and reduce life expectancy by as much as 20 years. BHAs will share how they use Western behavioral health practices and their cultural and traditional expertise to prevent and treat the effects of early childhood trauma in their communities.

2:50 – 3:50 PM

Dillingham

AI—Standardized Severe Maternal Morbidity Review: Use of Teams, Tools, and Tracking

Sarah Truitt, MD, FACOG

Kristen (Kacy) Stille, MD, FACOG

There is clear evidence for increasing maternal mortality and morbidity across the United States with severe morbidity affecting at least 50,000 women per year. Standardized review of maternal mortality has been widespread across the United States, but the call for review of all severe maternal morbidity events with a standardized process at every birthing facility is a more recent development. This process is designed to identify systems and safety factors that can be improved in efforts to reduce risk of maternal morbidity and mortality.

Come learn how our team developed a multidisciplinary standardized review process for severe maternal morbidity review at Alaska Native Medical Center.

Katmai

A2–Presenter #1: Ongoing Mumps Outbreak Results in Recommendations for a Third Dose of Vaccine — Alaska, 2017–2018

Amanda Tiffany, PhD, MPH

Mumps is a vaccine-preventable, viral illness characterized by a febrile prodrome and parotitis. The most effective prevention is vaccination with measles-mumps-rubella (MMR) vaccine. In May 2017, the Alaska Section of Epidemiology (SOE) was informed of a mumps case in an Alaska resident. Subsequent cases were identified during July and August. We investigated to determine outbreak scope and prevent further illnesses. In November 2017, the Alaska Division of Public Health began recommending a third dose of MMR if the second dose was administered ≥ 5 years ago. Children and most adults are eligible to receive the state-supplied vaccine through Alaska's Vaccine Assessment Program.

A2–Presenter #2: Increasing HPV Vaccinations in Alaska

Leisha Nolen, MD

The purpose of this training is to increase provider knowledge about the risk of HPV and ways to recommend and communicate the need for vaccination to their patients and parents prior to risk of exposure. The information provided will help medical staff address questions and concerns and improve compliance and implementation. The revised CDC material will address the updated two shot vaccination for 11-12 year-olds.

King Salmon/Iliamna

A3–Presenters #1: Healthy Alaskans 2020 - Insuring Health Equity and Quality Across the Lifespan

Cheryl Dalena, CTTS, BS

Lisa McGuire, MPH

Healthy Alaskans 2020 is a strategic health improvement plan tracked annually for Alaska, and is led jointly by the State of Alaska and the Alaska Native Tribal Health Consortium. The session will provide an overview of the statewide health improvement plan, summary of the pilot implementation plan and strategies community partners are engaging in to help measure and meet statewide targets. Presenters will share AK Native population strengths and disparities in leading health indicators progress compared to the general

continued

Day 1 Session Descriptions

population in Alaska with highlights of indicators relating to Maternal Child Health and Immunization.

This session would be valuable for all participants working in Alaska and especially those developing coalitions and collaborations to streamline statewide work toward health equity and quality across the lifespan.

A3—Presenter #2: *Healthy Drinks for Healthy Kids: Public Health and Dental Professionals Team Up to Reduce Sugary Drink Consumption*

Lauren Kelsey, MPH

Healthy Drinks for Healthy Kids is a two-year pilot project funded by the CDC. The State of Alaska Oral Health (WCFH) and Obesity Prevention (CDPHP) programs are collaborating with dental providers to reduce sugary drink consumption and to improve oral health and prevent obesity-related chronic diseases among patients with small children. Healthy Drinks for Healthy Kids adapts the “5A’s” in their provider materials and expands the Play Every Day public education campaign.

Attendees will participate in an interactive activity to brainstorm how they can utilize these materials and steps to promote other population based approaches to ‘advance wellness across the lifespan’ by reducing sugary drink consumption in their communities.

Birch/Willow

A4—*Empowering Youth for Healthier Communities: Lessons Learned from LeadOn!*

Megan Juneau, MA

Rachel Romberg

Prevention staff from the Alaska Network on Domestic Violence and Sexual Assault share their experience working with youth across the state to promote healthy relationships and healthy sexuality through the LeadOn Leadership Conference and youth-led community projects. Learn what it takes to give youth ownership and authority over their own projects. Get ideas for working with youth on health promotion. Build skills in working with and empowering youth. Brainstorm ways to evaluate youth-led community projects.

This session is great for any professionals who work with youth. Participants will come away with ideas of how they can help youth develop skills such as decision making, fundraising, how to speak with adults, and how to find supportive adults in their community.

4:00 – 5:00 PM

Alaska/Denali

Plenary 2–FASD in the Context of the Opiate Epidemic - Important Considerations and Overlap

Stephanie Eklund, MD, FACOG

Marilyn Pierce Bulger, FNP/CNM

Evelyn D. Rider, MD

Sherrell Holtshouser, RN, MPH

Opiate addiction is a top priority in Alaska and the nation. High numbers of female opiate users are also using alcohol. The state of Alaska recognizes the significant impact FASDs (Fetal Alcohol Spectrum Disorders) has on our families, health care, child protection, and criminal justice system. Women are often poly-substance users, and there may be increased effects from multiple toxins in an affected baby. While the neurological and anatomical differences related to alcohol exposure have been well-studied, new information regarding the prevalence and societal impact of FASDs is being discovered. Current studies are defining the long-term impact of opiates on the developing brain. Opiates and other substances can greatly impact the newborn transition period after birth, this essential information on this historical risk factor should be effectively transferred from obstetric to pediatric providers for the benefit of ongoing monitoring and future differential diagnosis.

continued

Day 1 Evening Event

6:00 PM

Birch/Willow

Film Screening—

Dark Side of the Full Moon

This film delves into the unseen world of maternal mental health in the U.S. It will uncover the disconnect within the medical community to effectively screen, refer, and treat the 1.3 million mothers affected by mental health challenges each year, giving a face and voice to the countless women who have suffered in silence. Two mothers confront the American health care

system, demanding answers, asking why so many women are slipping through the cracks. Not only does the film give a face and voice to mothers who have previously “suffered in silence,” it explores peer-to-peer support groups, relevant policies, research, and treatment. The film also shines a light on other postpartum disorders such as anxiety, obsessive-compulsive disorder, intrusive thoughts, and PTSD for those that have a traumatic birth.

Maureen Fura, Director of Dark Side of the Full Moon will be on hand to answer questions after the screening.

NOTE: This film contains disturbing content and is not appropriate for children.



Time	Presentation
8:00-8:30 AM	Continental Breakfast
8:30-9:45 AM	Plenary 3—The Fatherhood Project: Men in Prenatal Care
9:45-10:00 AM	Break with Exhibitors
Breakout Sessions 10:00-11:00 AM	B1—Alaska 4P's Plus Detecting Substance Use in Pregnant Women
	B2—Health Clip for Perinatal Hepatitis B Prevention
	B2—Viral Hepatitis
	B3—They're Just Baby Teeth, What's the Big Deal?
	B3—Establishing an Oral Health Surveillance System in Western Alaska Using the Electronic Dental Record
	B4—Passion and Perspective: Youth Involvement in Public Health
11:00-11:15 AM	B4—Healthy Native Youth Web Portal: Disseminating Evidence-based Sexual Health Programs for AI/AN Youth
	Refreshments with Exhibitors

Thursday, September 27

Page 1 of 3

Presenters	Room
	Promenade/Aleutian
<i>Milton Kotelchuck, PhD, MPH</i>	Alaska/Denali
	Aleutian
<i>Evelyn D. Rider, MD Sherrell Holtshouser, RN, MPH</i>	Dillingham
<i>Annie Peterson-Lewis, RN</i>	Katmai
<i>Rebekah Clark, RN, MSN, MPH Annie Peterson-Lewis, RN</i>	
<i>Heidi Ostby, DDS</i>	King Salmon/Iliamna
<i>Timothy Thomas, MD</i>	
<i>Evangeline Dooc Michael Martinez Rachel Pickel Jenny Baker, BA</i>	Birch/Willow
<i>Jennifer Williamson Cornelia Jessen, MA</i>	
	Aleutian

continued

Time	Presentation
Breakout Sessions 11:15 AM-12:15 PM	C1—Wellness Guidelines for Alaska's Young Children
	C1—Enhancing Emotional Support through Relationship Awareness for Committed Couples
	C2—Evaluation of a Printed Health Education Magazine for Use by Alaska Native Families Nuta'aq Unguwaq
	C2—The Effect of Childbirth Education on Labor and Delivery Outcomes and Maternal Satisfaction in Primiparous Women
	C3—Educating and Normalizing Vaccine Compliance for the Teen Population
	C4—Sudden Cardiac Arrest in Youth and the Need to be Prepared <i>combined with</i> C4—Concussions: Where We Are Today in Evaluating, Managing, and Safely Returning to Academics and Activities
12:15-12:30 PM	Break with Exhibitors
12:30-1:45 PM	LUNCH (provided)
	Plenary 4—Suicide Prevention Panel: Role of Culture

Presenters	Room
<i>Diane Peck, MPH, RDN</i>	Dillingham
<i>Jaedon Avey, PhD</i> <i>Kyle Wark, MA</i>	
<i>Tara Stiller, MPH</i>	Katmai
<i>Colleen Mueller, BSN, ICCE</i> <i>Pamela Webb, MS, ICCE</i> <i>Stephanie Morgan, PhD</i>	
<i>Deborah Giedosh, EdD, RN</i>	Alaska/Denali
<i>Lynne Young, MEd, LAT, ATC</i>	Birch/Willow
	Aleutian
	Alaska/Denali
<i>Dorian A. Lamis, PhD</i> <i>Farrah Greene-Palmer, PhD</i> <i>Carol Seppilu</i> <i>Crystalyn Lemieux, BS</i>	

continued

Time	Presentation
Breakout Sessions 1:45 - 2:45 PM	D1—Maternal Marijuana Use in Alaska: A Review of the Data, Evidence, and Clinician Resources
	D1—Biomarker Feedback Intervention for Smoking Cessation Among Pregnant Alaska Native Women
	D2—Transforming Social Determinants of Health into Interventions
	D3—Cholestasis of Pregnancy: An Update D3—Sex Trafficking: Implications for Nurses
	D4—Real World Application: An Alaskan Approach to Newborn Hearing Screening
	D4—Pediatric Lead Testing in Alaska
2:45-3:15 PM	Refreshments with Exhibitors
Breakout Sessions 3:15 - 4:15 PM	E1—Supporting Families in the Perinatal Phase
	E1—Maternal Peer Support for Better Outcomes
	E2—Talking to Vaccine Hesitant Parents Without Taking All Day!
	E3—You Can't Count That! Estimating Birth Defect Prevalence in Alaska and Clinical Perspectives
	E4—Caring for Gender Non-Conforming Youth
4:15 PM	Closing for Day 2
5:00 PM	Film— <i>We Heard the Bells: Influenza of 1918</i>

Presenters	Room
<i>Eliza Muse, MSc</i> <i>Kathy Perham-Hester, MS, MPH</i> <i>Sherrell Holtshouser, RN, MPH</i> <hr/> <i>Christie Flanagan, MPH</i> <i>Timothy Thomas, MD</i>	Dillingham
<i>Milton Kotelchuck, PhD, MPH</i>	Katmai
<i>Theresa Coley-Kouadio, CNM, MSN</i> <hr/> <i>Martha Carver, MS, RN</i> <i>Marcia Goering, BSN, RN, PCCN</i>	King Salmon/Iliamna
<i>Annette Callies, BSW</i> <i>Margaret Young, MPH</i> <i>Jessie Doherty, MPH</i> <hr/> <i>Andrea Samuel, MS, CCC-SLP</i> <i>Jonathan Bressler, MPH</i>	Birch/Willow
	Aleutian
<i>Joclyn Reilly, LCSW</i> <hr/> <i>Kristi Lamb, LPC</i> <i>Janna Harvey, MS</i> <hr/> <i>Alicia Cornils</i> <i>Miranda Aiken</i>	Dillingham
<i>Mark Sawyer, MD</i>	Katmai
<i>Jared Parrish, PhD</i> <hr/> <i>Evelyn D. Rider, MD</i>	King Salmon/Iliamna
<i>An Pham, MD</i>	Birch/Willow
	Alaska/Denali
	Birch/Willow

Day 2 Session Descriptions

8:30 – 9:45 AM

Alaska/Denali

Plenary 3—**The Fatherhood Project: Men in Prenatal Care**

Milton Kotelchuck, PhD, MPH

Where is the father in the MCH field? Too often men are explicitly or implicitly excluded. We rarely hear their voices or think about their needs or contributions, yet they are critical to the social well-being of families. This talk will first report on the findings from iPad surveys of over 900 men during prenatal care visits with their partner; exploring their experiences, needs, treatment by the obstetric services, skills and resources desired, and perceptions of common MCH policy recommendations. Second, the talk will briefly explore the multiple ways that men's health impacts reproductive health outcomes, and the impact of fatherhood on men's health. The results of these two analyses help frame the challenges of fatherhood in the MCH field.

10:00 – 11:00 AM

Dillingham

B1—**Alaska 4P's Plus Detecting Substance Use in Pregnant Women**

Evelyn D. Rider, MD

Sherrell Holtshouser, RN, MPH

Universal screening for harmful substance use in pregnancy is a recommended best practice by leading authorities on the subject. Timing of screening is crucial to obtaining accurate, pertinent information for meaningful intervention. 4P's Plus is a commercially available tool that has been validated for pregnant women and uses a broad-based and highly sensitive five-question screening tool designed to quickly identify obstetrical patients in need of in-depth assessment or follow up monitoring.

The Alaska Department of Health and Social Services successfully secured funding to use the 4Ps Plus screening tool in Alaska. Alaska 4P's Plus screens pregnant women for: tobacco, alcohol, marijuana, opioids, antidepressants, amphetamines, benzodiazepines and medications used to treat Attention Deficit Disorder. Alaska 4P's Plus invites delivering facilities in the state to participate in the project and offers the screening tool to outpatient prenatal care providers who would like to use the tool in their practice.

Katmai

B2–Presenter #1: Health Clip for Perinatal Hepatitis B Prevention

Annie Peterson-Lewis, RN

The presentation will cover a quick reference Perinatal Hepatitis B Prevention Program guide adapted for Alaska healthcare providers. The quick reference guide is a pocket-sized clip that can clip on to healthcare personnel badges or fit in a pocket. The more healthcare providers are aware of the perinatal hepatitis B prevention, the more likely they will be able to share knowledge with other staff and their patients about the importance of following the Perinatal Hepatitis B Prevention guidelines and the ACIP Birth Dose recommendations.

B2–Presenters #2: Viral Hepatitis

Rebekah Clark, RN, MSN, MPH

Annie Peterson-Lewis, RN

This session will cover an overview of viral hepatitis with emphasis in Alaska. Presenters will also educate on the different hepatitis vaccines and indications.

The Perinatal Hepatitis B Prevention Program is designed to identify, track, educate and continue to further prevent Hepatitis B Virus (HBV) infection. Viral hepatitis can impact persons at any age, from birth through elder years. Two types of viral hepatitis can be prevented through vaccination. New medications available have made it possible to cure hepatitis C with minimal side effects, and Alaska Medicaid has improved coverage of these medications.

King Salmon/Iliamna

B3–Presenter #1: They're Just Baby Teeth, What's the Big Deal?

Heidi Ostby, DDS

Dental caries is one of the most prevalent chronic childhood diseases. According to the 2014 IHS Oral Health Survey, cavities affect the majority of Alaska Native children under 5 years of age. It is imperative that the medical and dental communities join forces to educate all Alaskans about the importance of oral health beginning in-utero and continuing throughout life. Oral health is directly related to overall systemic health and well-being. After this presentation you will better understand how cavities are formed and spread, the risk factors that lead to cavities, how to prevent cavities, the impact cavities have on the lives of

continued

Day 2 Session Descriptions

children and their families, and why it is so important to have a dental check-up within the first 12 months of life. My goal is to empower and motivate you to pass on my message so that every child has a dental home established by age one!

B3—Presenter #2: Establishing an Oral Health Surveillance System in Western Alaska Using the Electronic Dental Record

Timothy Thomas, MD

Disease surveillance provides opportunity to monitor population trends and evaluate interventions. Despite the high prevalence of dental cavities among Alaska Native (AN) children, there is no routine oral health surveillance in Alaska. Today, most Tribal health organizations (THOs) have electronic dental record (EDR) systems for charting dental exams and procedures. We piloted use of an EDR for oral health surveillance in southwestern Alaska where dental care is provided through the THO to 24,000 AN people living in 50 remote villages.

We demonstrated use of the EDR to assess population level oral health status and provision of care. Dmf (decayed, missing, filled) teeth scores remain very high. We show an increasing proportion of AN children receiving exams increasing our confidence in the data being representative of the oral health for this region's children.

Birch/Willow

B4—Presenters #1: Passion and Perspective: Youth Involvement in Public Health

Evangeline Dooc

Michael Martinez

Rachel Pickel

Jenny Baker, BA

Join us to learn about how three young Alaskans are participating in public health. A second year college student at UAA, Evangeline Dooc, is a Youth Alliance for a Healthier Alaska (YAHA) member. Her experience in YAHA inspired her to develop an English 10 curricular supplement to promote resiliency in teens. Rachel Pickel, a senior at South High School in Anchorage, started a program called Pickel's Pets, a dog therapy pilot project to help teens like herself manage anxiety and depression at school. Michael Martinez, a first year UAA student, shares how health institutions using social media may encourage more patient involvement in managing one's health. Jenny Baker, YAHA facilitator, will moderate the panel.

B4–Presenters #2: Healthy Native Youth Web Portal: Disseminating Evidence-Based Sexual Health Programs for AI/AN Youth

Jennifer Williamson

Cornelia Jessen, MA

www.HealthyNativeYouth.org (HNY) is a website that houses eight culturally relevant sexual health curricula for AI/AN youth. HNY includes resources for classroom use including facilitator training videos, lesson plans, marketing and recruitment materials, evaluation methods, and references to portal related publications and reports. The website includes Circle of Life, Native It's Your Game, Native STAND, Native VOICES, and Safe in the Village. The site also allows users to submit their own health education curricula for consideration to be included.

Participants will learn to navigate the website, select age-appropriate curricula, and gain community buy-in and support. Attendees will be able to inform future iterations of the site through interactive discussion of dissemination plans and strategies to support their educational efforts in their respective settings and communities. Conference attendees who work with youth in a variety of capacities will find this session informative and useful.

11:15 AM – 12:15 PM

Dillingham

C1–Presenter #2: Wellness Guidelines for Alaska's Young Children

Diane Peck, MPH, RDN

Next to families, the early care and education (ECE) setting has more influence on the health and weight of young children than any other environment. The new “Wellness Guidelines for Alaska's Young Children: A Toolkit for Child Care Providers and Families” provides guidance for child care providers and families on how to develop an environment that can help young children grow up at a healthy weight and develop healthy habits for life. The Wellness Guidelines help to translate the national standards into action with tips and activities for implementing in the classroom, ideas for engaging families in wellness activities in the home, and resources on wellness policies and best practices.

This presentation will walk participants through the Wellness Guidelines through the lens of health care practitioners. These guidelines can provide useful information on obesity prevention and overall wellness strategies that

continued

Day 2 Session Descriptions

practitioners can use with families and caregivers of young children.

C1–Presenters #2: Enhancing Emotional Support through Relationship Awareness for Committed Couples

Jaedon Avey, PhD

Kyle Wark, MA

Although Alaska Native and American Indian (AN/AI) people strongly value interdependence within their family and community, historical traumas and ongoing inequities have dramatically destabilized these social structures. Southcentral Foundation (SCF), a large tribal health organization, offers a host of culturally-tailored, skill-building trainings to enhance many forms of relationships. Relationship awareness stresses the importance of regular relationship maintenance, drawing attention to current behaviors, and encouraging self-evaluation as to whether behaviors have been constructive or destructive. The focus of this study is to better understand if an adapted relationship awareness intervention is acceptable and feasible within the AN/AI community.

A culturally adapted relationship awareness intervention holds the promise to promote family wellness and engage AN/AI couples, potentially fostering use of other needed services. Future research evaluating effectiveness may find a relationship awareness intervention helpful as a secondary prevention measure for couples at risk or for promoting family wellness.

Katmai

C2–Presenter #1: Evaluation of a Printed Health Education Magazine for Use by Alaska Native Families Nuta’aq Unguwaq

Tara Stiller, MPH

The presentation will cover Introduction, Methods, and Results of UAA MPH Student’s practicum project to evaluate the health education magazine (HEM) Nuta’aq Unguwaq: Pregnancy and Early Child Health, to determine if it is culturally appropriate for Alaska Natives, medically accurate, and relevant to Alaska Native Families. The presentation will discuss plans to disseminate among rural community families and development of future editions at RurAL CAP.

Ninety-six percent of patients said they would share the HEM with friends and family. Three central themes emerged from patient data: knowledge-behavior gap; healthy nutrition; health consequences. There were five central

themes identified from the health care provider data: health lifestyle; healthy nutrition; health consequences; healthy life choices; knowledge-behavior gap. The evaluation project showed that the HEM, Nuta'aq Unguwaq: Pregnancy and Early Child Health is an appropriate health education tool for Alaska Native families.

C2–Presenters #1: The Effect of Childbirth Education on Labor and Delivery Outcomes and Maternal Satisfaction in Primiparous Women

Colleen Mueller, BSN, ICCE

Pamela Webb, MS, ICCE

Stephanie Morgan, PhD

Past evaluation of the effectiveness of childbirth education classes related to obstetric outcomes and satisfaction have not shown consistent results. This study explored the relationship between attendance of a childbirth education class and labor and delivery interventions, as well as maternal satisfaction with the birth experience.

Participants were 197 low-risk, primiparous women, self-selected into two groups consisting of 82 women who attended a childbirth class and 115 women who did not. Data were collected from medical records and a postpartum satisfaction survey completed by each participant.

Statistically significant data analysis revealed that women who took a class were less likely to be induced and had lower use of analgesics during labor. Childbirth education may help women prepare for what to expect in the birth process, create a trusting relationship with caregivers, and potentially minimize use of medical interventions.

King Salmon/Iliamna

C3–Educating and Normalizing Vaccine Compliance for the Teen Population

Deborah Giedosh, EdD, RN

Preventative health care is the rock solid foundation of advancing wellness across the lifespan. This is not always readily understood in the arena of on time immunization beyond the childhood schedule. At the Mat-Su Public Health Center in Wasilla, AK, the public health nurse recognized this group of adolescent patients and their parents as being in need of continued education for adherence to CDC recommendations for advancing vaccines across the lifespan. Toward this end we have developed a method of normalizing the

continued

Day 2 Session Descriptions

expectation of teen vaccine adherence by organizing a Teen Trio Vaccine packet for education of both patient and parent.

This session will discuss our Teen Trio Vaccine packets, how to normalize the discussion of teen vaccine compliance, some techniques for navigating the connection of these vaccines to sexual practices, and how to keep the door open to parents for future discussion toward compliance when they initially decline.

Birch/Willow

C4—Sudden Cardiac Arrest in Youth and the Need to be Prepared combined with Concussions: Where We Are Today in Evaluating, Managing, and Safely Returning to Academics and Activities

Lynne Young, MEd, LAT, ATC

This presentation will focus on discussing sudden cardiac arrest, its prevalence in our school age students/children, and steps to protect and prevent death. Discussions will include developing site specific EAPs (emergency action plans), importance of close proximity AEDs, and various ways to prepare individuals and staff. SCAs are one of the leading causes of death in our youth and studies show being prepared and informed can save the lives of these individuals. There will be video demonstrations of life saving programs by local groups to illustrate just how easy it is to develop a plan. Upon the completion of the presentation, attendees should feel comfortable establishing plans and procedures in their career and life activities.

12:30 – 1:30 PM

Alaska/Denali

Plenary 4—Suicide Prevention Panel: Role of Culture

Dorian A. Lamis, PhD

Farrah Greene-Palmer, PhD

Crystallyn Lemieux, BS

Carol Seppilu

Suicide is the 2nd leading cause of death for young people nationally (CDC, 2016), and the primary leading cause of death in Alaska. Various factors contribute to and mitigate suicide behavior, and rates of suicide and mental health access differ according to ethnicity and other cultural factors. Our panel seeks to discuss factors which lead to, and ameliorate elevated risk for suicide

related behavior. We also hope to elucidate various protective factors and potential interventions that can be used to prevent suicide related behavior, especially in the context of culture. We have put together a panel of local and national experts to discuss issues related to suicide, including such topics as: acculturative stress; the impact of stigma and help-seeking; culture as a protective factor and cultural interventions; and the role of religion/spirituality.

1:45 – 2:45 PM

Dillingham

D1–Presenters #1: Maternal Marijuana Use in Alaska: A Review of the Data, Evidence, and Clinician Resources

Eliza Muse, MSc

Kathy Perham-Hester, MS, MPH

Sherrell Holtshouser, RN, MPH

Public health professionals, clinicians and other health care workers interested in maternal health and breastfeeding, lactation consultants, will be interested in attending. This topic discusses the theme addressing marijuana use among pregnant and breastfeeding women as crucial given the concerns regarding impaired neurodevelopment, as well as maternal and fetal exposure to the adverse effects of smoking.

The speakers will show prenatal marijuana use trends in Alaska from 1990-2016, provide an overview of the current scientific literature, guidelines, and recommendations related to pregnancy and breastfeeding, and share resources that the Department of Health and Social Services has developed based off the existing data, guidance and recommendations.

Postpartum marijuana use among breastfeeding women will be described as well as findings from the three-year follow-up survey to PRAMS on Early Intervention/Infant Learning Program enrollment of the child whose mother smoked marijuana during pregnancy and persistent marijuana use.

D1–Presenters #2: Biomarker Feedback Intervention for Smoking Cessation Among Pregnant Alaska Native Women

Christie Flanagan, MPH

Timothy Thomas, MD

Thirty percent of Alaska Native (AN) women smoke during pregnancy. Aside

continued

Day 2 Session Descriptions

from health consequences to the mother, health consequences to the fetus include exposure to carcinogens, low birth weight, pre-term birth and risk of future tobacco use. In a previous study with pregnant AN women who used tobacco it was suggested specific information about fetal exposure to tobacco could influence cessation. We developed a biomarker feedback intervention and evaluated its feasibility, acceptability, and effectiveness.

We enrolled 60 participants in a two group, randomized controlled five-week intervention study. All participants received standard of care cessation counseling. The intervention group also received personalized biomarker feedback information. This involved testing women's urine cotinine levels and using an informational brochure that demonstrated how the cotinine level related to their infant's likely exposure to a tobacco specific carcinogen, NNAL. Tobacco-use assessments were obtained at baseline, post intervention, and at delivery.

Katmai

D2—Transforming Social Determinants of Health into Interventions

Milton Kotelchuck, PhD, MPH

The MCH life course/social determinant of health perspective is very popular today in the MCH field; it has been difficult to transform it into concrete actions and programs.

Where does one start to eradicate poverty and racism, and its effect on the MCH population, without being overwhelmed?

This workshop will first place social determinants of health activities in historical perspective, and then explore three distinct domains of MCH life course interventions. Health care interventions; social policy interventions; and personal agency interventions. Specific examples will be presented and discussed, to help MCH practitioners begin to conceptualize concrete MCH life course/social determinants of health interventions.

King Salmon/Iliamna

D3—Presenter #1: Cholestasis of Pregnancy: An Update

Theresa Coley-Kouadio, CNM, MSN

This presentation is primarily for Women's and Community health professionals, nurses as well as providers. This presentation will address the signs and symptoms of Cholestasis of Pregnancy (IHCP). After attending this session, a

participant will be able to discuss the incidence of IHCP both nationally and within the Maniilaq service area. Participants will have an understanding of the pathophysiology of IHCP. After attending this session, a participant will be able to discuss both maternal and fetal effects of IHCP. This presentation addresses the conference theme because IHCP is potentially life threatening to the fetus so it is incumbent on both nurses and providers to be aware of IHCP and the classic presentation so that the appropriate diagnostic labs are ordered as well as initiating the appropriate antepartum surveillance.

D3–Presenters #2: Sex Trafficking: Implications for Nurses

Martha Carver, MS, RN

Marcia Goering, BSN, RN, PCCN

Sex trafficking is the largest growing crime in Alaska. Many victims of sex trafficking are kept out of the public, however 87% are seen in healthcare. This provides a unique opportunity for nurses to identify victims and offer help. There have been limited programs to educate nurses on this population and most of the hospitals in Alaska do not have a policy regarding sex trafficking victims. It is important to spread awareness of this issue and help nurses learn to identify potential victims. This presentation covers assessment findings and screening tools that may help in the identification of victims. Survivors also carry long-term health needs even when they are no longer involved in sex trafficking and it is necessary for healthcare providers to understand these implications in order to provide care.

Birch/Willow

D4–Presenters #1: Real World Application: An Alaskan Approach to Newborn Hearing Screening

Annette Callies, BSW

Margaret Young, MPH

Jessie Doherty, MPH

Andrea Samuel, MS, CCC-SLP

Undetected hearing loss at a young age can affect a child's whole development. This presentation will review recent Early Hearing Detection and Intervention (EHDI) program data and quality improvement activities. This presentation includes one family's story of how the EHDI process helped to identify a child with hearing loss. This allowed the family to raise a child with a congenital hearing loss and help her learn to listen and talk, have fluid communication

continued

Day 2 Session Descriptions

with her hearing sister, attend mainstream school, and form friendships with typically hearing peers. In this session, EHDI staff will present strategies used to improve rates of timely diagnoses for Alaskan infants. The session will focus on Quality Improvement (QI) projects including the program's regular monitoring activities and future planning of QI projects. By combining program data and real world application, this presentation will demonstrate how important EHDI is to Alaska's newborns.

D4–Presenter #2: Pediatric Lead Testing in Alaska

Jonathan Bressler, MPH

There is no safe level of lead in the blood. Even very low blood lead levels (BLLs) in children are associated with lower IQ scores and academic achievement, behavioral disorders, and antisocial behaviors. In 2012, after recognizing the substantial scientific evidence that there is no safe level of lead in the blood, the Centers for Disease Control and Prevention (CDC) reported that BLLs were decreasing among children 1 to 5 years old, and outlined a new national lead screening and testing strategy targeted towards children with the highest 2.5% of BLLs. As part of this strategy, all Medicaid-eligible children are required to receive blood lead tests at ages 12 and 24 months. The Alaska Department of Health and Social Services is coordinating efforts to raise BLL testing in children, with the ultimate goal of preventing childhood lead exposure in Alaska.

3:15 – 4:15 PM

Dillingham

E1–Presenters #1: Supporting Families in the Perinatal Phase

Joclyn Reilly, LCSW

Kristi Lamb, LPC

Janna Harvey, MS

Participants will learn about a variety of mental health and social issues new families are going through. Learn practical questions to ask families and ways to engage them in helpful discussions. Learn how to ask the hard questions and guide families to appropriate resources. This workshop is good for providers who work with pregnant and postpartum moms and/or dads.

E1—Presenters #2: Maternal Peer Support for Better Outcomes

Alicia Cornils

Miranda Aiken

This presentation will provide insight into Family Peer Support services for Maternal and Early Childhood health. Presenters from Alaska Youth and Family Network will provide an overview of their Family Navigation services and examine research on the profession of Family Peer Support. The presentation will give insight into how Family Peer Support complements the array of therapeutic services provided to children and mothers who experience special needs (including mental/behavioral health, developmental disabilities, and substance use issues), and the positive influence on outcomes of recovery and family preservation. Intervening in the early developmental stages and in the period that parenting styles are beginning to be formed helps redirect generational patterns toward long-term health and wellness. Providers with an interest in serving mothers and children with behavioral health/substance use recovery challenges will learn how empowering others through lived experience can be the catalyst for positive change.

Katmai

E2—Talking to Vaccine Hesitant Parents Without Taking All Day!

Mark H. Sawyer, MD

This session will provide an interactive format to discuss ways to refute the common misconceptions about vaccines and to appeal to vaccine hesitant parents and patients. Bring your difficult questions as well as your successful strategies.

King Salmon/Iliamna

E3—You Can't Count That! Estimating Birth Defect Prevalence in Alaska and Clinical Perspectives

Jared Parrish, PhD

Evelyn D. Rider, MD

Through medical records review, Alaska Birth Defects Registry (ABDR) has detected wide variation in the probability of disease given a report, which ranged from a high of 86% to a low of 18%, indicating that for some conditions the reported ICD code is a poor representation of actual disease

continued

Day 2 Session Descriptions

prevalence. Birth defects contribute to a substantial amount of infant mortality and lifelong morbidity. Birth defects registries using passive surveillance methodologies have substantial challenges in estimating disease prevalence due to both reporting and coding issues. Through improved coordination between providers, ABDR, and data aggregators, the population burden and resulting program and policy efforts can be targeted more effectively.

This session will describe the ABDR estimates of Congenital Diaphragmatic Hernia, Hirschsprungs, and Gastroschisis and clinical implications and observations. Those interested in measuring rare conditions and challenges with using ICD codes to represent diagnosis should find this session interesting and informative.

Birch/Willow

E4—Caring for Gender Non-Conforming Youth

An Pham, MD

According to a study in 2015, suicide attempts among transgender people was nine times the national rate and 33% of transgender people in the United States reported a negative experience with a medical provider because of their gender identity.

Gender dysphoria is an ongoing conflict between an individual's assigned sex at birth and the gender with which they identify. When thinking about the lifespan of individuals that identify as transgender or gender non-binary, gender dysphoria can be particularly distressing during adolescence when the body undergoes puberty and develops secondary sexual characteristics. Gender non-conforming youth are at increased risk of substance abuse, depression, anxiety, suicidality, homelessness, and eating disorders. This presentation will describe the health disparities faced by transgender youth, current clinical guidelines, ways in which providers can incorporate preferred name and pronouns into daily practice, services offered at our multidisciplinary Gender Clinic at Seattle Children's Hospital, and resources in Alaska.

Day 2 Evening Event

5:00 PM

Birch/Willow

Film Screening–

We Heard the Bells: Influenza of 1918

Produced in 2010, this film tells the story of the 1918 flu pandemic by documenting stories of individuals and communities who lived through this deadly disease that swept around the world. It shares the story of how tissue samples were gathered from a mass grave in Brevig Mission, Alaska, allowing for analysis of the strain using modern technology.

Come mark the 100th year anniversary of the 1918 flu pandemic and learn about how these findings are relevant to modern day flu pandemics.



Time	Presentation
8:00-8:30 AM	Continental Breakfast
8:30-9:30 AM	Plenary 5—Influenza Vaccine: It's Complicated—
9:30-10:00 AM	Break with Exhibitors
Workshops 10:00-11:30 AM	F1—Biological Memories: Examining Early Indicators of Intergenerational Health Among Alaska Native Women and Children living in Anchorage
	F1—Integrating and Aligning Social Determinants of Health in Electronic Health Records
	F2—Fake It Until You Make It: OB Simulation for Safety in Rural and High-Risk Settings
	F3—Cultural Considerations in Suicide Assessment and Intervention
	F4—Co-Creating Healthy Schools and Healthy Communities
11:30-11:45 AM	Break with Exhibitors
11:45 AM-1:00 PM	LUNCH (provided)
	Plenary 6—Indigenous Midwifery: Transforming Discourse
1:00-1:15 PM	Evaluation and Closing Remarks

Friday, September 28

Presenters	Room
<i>Mark Sawyer, MD</i>	Alaska/Denali
	Aleutian
<i>Ruby L. Fried, BS, PhD Candidate</i> <i>Matthew Hirschfeld, MD, PhD</i> <i>Christopher Kuzawa, MPH, PhD</i>	Dillingham
<i>Jaedon Avey, PhD</i> <i>Kyle Wark, MA</i> <i>Joe Ambrosio, MBA</i>	
<i>Sarah Truitt, MD, FACOG</i> <i>Sally Hanson, MD, FACOG</i> <i>Sarah Taygan, CNM</i>	Katmai
<i>Dorian A. Lamis, PhD</i>	King Salmon/Iliamna
<i>Jenni Lefing, MA</i> <i>Heather Coulehan, MEd</i>	Birch/Willow
	Aleutian
	Alaska/Denali
<i>Nicolle Gonzales, RN, MSN, CNM</i> <i>Margaret David, CNM</i>	
<i>Co-chairs:</i> <i>Taija Revels, MPH</i> <i>Daniella DeLozier, MSPH</i>	Alaska/Denali

Day 3 Session Descriptions

8:30 – 9:30 AM

Alaska/Denali

Plenary 5—**Influenza Vaccine-It's Complicated**

Mark H. Sawyer, MD

This session will prepare you for the upcoming influenza season by providing an update on the recommendations for the use of influenza vaccine for all age groups. Topics will include a detailed discussion of influenza vaccine effectiveness, identification of those at highest risk for complications from influenza, and the background for the latest recommendations for the use of the live attenuated influenza vaccine.

Workshops 10:00 – 11:30 AM

Dillingham

FI—Presenters #1: **Biological Memories: Examining Early Indicators of Intergenerational Health Among Alaska Native Women and Children Living in Anchorage**

Ruby L. Fried, BS, PhD Candidate

Matthew Hirschfeld, MD, PhD

Christopher Kuzawa, MPH, PhD

Rates of obesity and associated diseases have increased dramatically among the Alaska Native population. Maternal health before and during pregnancy, including body mass index and blood sugar levels, shapes a prenatal environment that may promote suboptimal fetal and infant growth patterns increasing the risk of developing obesity and metabolic dysregulation later in life. With a respectful and culturally appropriate execution, this project explores both the potential intergenerational impacts of maternal health with early-life sociodemographic and dietary correlates of fetal and infant growth.

This presentation will have an orientation toward health professionals, individuals interested in a lifespan approach to epidemiology and demography, and early origins of health and disease. Taking a lifespan perspective by examining potential intergenerational impacts of maternal body composition, food insecurity, and infant diet, this study holds promise to illuminate potential solutions to the rise of obesity-related health problems experienced by the Alaska Native population.

F1–Presenters #2: Integrating and Aligning Social Determinants of Health in Electronic Health Records

Jaedon Avey, PhD

Kyle Wark, MA

Joe Ambrosio, MBA

Studies have shown that 70% of health outcomes are influenced by social determinants of health (SDOH), including lifestyle, behaviors, and the environment. Clinical care is crucial to improved health and imperative to consider the impact of SDOH on access to care, care delivery, self-care, and healthcare policy. SDOH are critical to addressing health disparities and can illuminate resiliency factors.

We will present results of focus groups conducted by Southcentral Foundation (SCF), that included customer-owners, providers, and leaders, and in the broad SDOH framework, how SDOH fit within our tribal health system, and questions and concerns participants had about integrating SDOH into our EHR. This presentation will share the broad themes that emerged. This project should help communication between providers and customer-owners, identify at-risk groups, and inform future research. All those interested in whole-person wellbeing, social determinants of health, electronic health records, ANAI health, and culturally-relevant care should attend.

Katmai

F2–Fake It Until You Make It: OB Simulation for Safety in Rural and High-Risk Settings

Sarah Truitt, MD, FACOG

Sally Hanson, MD, FACOG

Sarah Taygan, CNM

High-risk obstetric events like maternal hemorrhage, maternal eclamptic seizure, severe hypertension, or maternal code occur infrequently especially in rural Alaska. Any provider, including first responders and health aides can encounter high-risk obstetric events and the use of obstetric simulation can improve safety and performance during rare but high acuity events that can develop unexpectedly in any pregnancy.

continued

Day 3 Session Descriptions

King Salmon/Iliamna

F3—Cultural Considerations in Suicide Assessment and Intervention

Dorian A. Lamis, PhD

In this workshop, effective methods of assessing risk for suicide will be discussed. Specifically, keeping patients safe post-discharge and as outpatients, by utilizing Stanley and Brown's (2008) Safety Plan, will be integrated into a comprehensive risk assessment and management approach. Ethnic groups differ in rates of suicidal behaviors, the context within which suicidal behavior occurs, and patterns of help-seeking. Several cross-cutting issues will be discussed, including acculturative stress, perceived racism, and protective factors within cultures; the roles of religion and spirituality and the family; interpretations of distress among cultures; and the impact of stigma and cultural distrust on accessing mental health care. Examples of culturally sensitive interventions and assessment strategies will be presented and future directions for suicide prevention will be discussed.

Birch/Willow

F4—Co-Creating Healthy Schools and Healthy Communities

Jenni Lefing, MA

Heather Coulehan, MEd

Families and communities are the experts on what children need. How can we create a safe space and process for communities, schools, and health professionals to have genuine conversations about wellness across the lifespan?

This session uses a strengths-based community conversation approach to explore two Alaska specific tools, the School Climate & Connectedness Survey, which measures protective factors, and emerging trauma informed schools framework. We will focus on what we can learn from these tools and how health care professionals can co-create change with the community and support positive outcomes for children.

11:45 AM – 1:00 PM

Alaska/Denali

Closing Plenary 6—Indigenous Midwifery: Transforming Discourse

Nicolle Gonzales, RN, MSN, CNM

Margaret David, CNM

Indigenous Midwifery in the United States is being reborn to ensure equitable and culturally congruent access to women's health and birth services. There is discourse and action shifting from patriarchal interventions to ensure Indigenous midwives' right to practice and indigenous women's right to birth choices. Indigenous midwives are protectors of space, of families, of culture, of the next generations' collective indigenous rights. They are also facilitators of ceremony and cultural practice, which are tools for better outcomes. Indigenous midwives are not being used to their full potential and have skills that do not exist elsewhere in the health care system.

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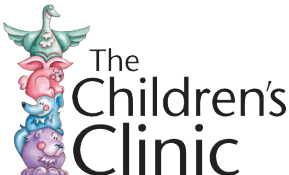


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Google Groups: AK LARC

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ANTHC Alaska Native Epidemiology Center

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ANTHC HIV/STD Prevention Program

HealthyNativeYouth.org • iknowmine.org

AstraZeneca/MedImmune

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Center for Safe Alaskans

www.safealaskans.org

Cook Inlet Tribal Council, Inc.

citci.org

Grand Canyon University

redesign.gcu.edu/udc/roger.porter

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merckvaccines.com

Planned Parenthood of the Great Northwest and Hawaiian Islands

ppgnhi.org

Southcentral Foundation

southcentralfoundation.com

Exhibitors

State of Alaska, Division of Public Health, Women's, Children's and Family Health

dhss.alaska.gov/dph/wcfh/Pages/default.aspx

State of Alaska, Early Intervention/Infant Learning Program

dhss.alaska.gov/dsds/Pages/infantlearning

State of Alaska, Office of Children's Services

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Advancing Wellness Across the Lifespan



Advancing Wellness Across the Lifespan