

# DIABETES QUALITY IMPROVEMENT INITIATIVE



**Making a Difference in Diabetes Control**

# Who is ?

Mountain Comprehensive Health Corporation is a non-profit Federally Qualified Health Center, established in 1971 in Southeastern Kentucky. MCHC currently has 9 clinics in Letcher, Harlan, Owsley, Bell and Perry counties, and 15 School Based Clinics. MCHC serves 38,000 unduplicated patients, over 185,000 times annually. We currently have 393 employees.

- Family Medicine
- Adult Medicine
- Internal Medicine
- OB/GYN
- Pediatrics
- Dental
- Optometry
- Pulmonology
- Behavioral Health
- Podiatry
- Nutritional Services/Registered Dietitian
- Diabetes Education



**MISSION STATEMENT:**  
**MCHC will use it's Resources to meet the Needs of its Service area population.**

# MCHC PATIENTS WITH DIABETES

- **2017-** MCHC providers cared for over 4,700 patients with diabetes.
- **2018-** The number of patients with diabetes increased to approximately 4,800.
- **2019-** As of November 30<sup>th</sup>, 63% of patients with diabetes had an HgbA1C less than 9%.

- Plan, Do, Study, Act cycle (PDSA) began in July 2016.
- Charts were “Scrubbed” to identify patients who had gaps in care(Scrubbing is now replaced with Care Guidelines).
- Reports are generated for A1Cs greater than 8%, and also for no A1C reported. Patients are contacted to schedule follow-up visits with PCP and offered Diabetes Initiative Team services.

QUALITY  
IMPROVEMENT

- Diabetes Standing Orders
- Care Guidelines
- Training programs for staff

CLINICAL CARE  
GUIDELINES/  
PROTOCOL

# DIABETES STANDING ORDERS

## EFFECTIVE JANUARY 19, 2017

- Lab Test Needed
  - A1C every six months if controlled and every 3 months if above 8.0%
  - Micro albumin Annually
- Dilated Diabetic Eye Exam Annually
- Referral to dietitian
- Referral to diabetes education
- Referral for iPro if A1C > 9% (Repeat every six months)
- Refer to Chronic Care Management
- Dental exam annually
- Annual physical exam or wellness exam
- Referral to Behavioral Health if positive depression screening
- Monthly office visit with pcp until A1C <8.0%
- Monthly visit schedule with dietitian and diabetes education until controlled
- Referral to indigent medicine if patient needs assistance with medication coverage



# CARE GUIDELINES

- Templates within the EHR that are used to manage health maintenance and disease management protocols.
- Reminds providers and health center staff when care is due for their patients.
- Patients with identified gaps in care are contacted via the patient outreach workers of the Quality Care Team.
- Patients are reminded if they need testing and/or procedures.
- Patients are assisted in scheduling appointments and addressing barriers such as transportation.

The screenshot displays a software interface for managing clinical guidelines. On the left, a sidebar lists 'Patient's guidelines' with sub-items 'Diabetes' and 'Health Maintenance'. The main area is titled 'Clinical Guidelines' and includes a 'Grid View' tab. Below this, a table lists various health tasks. Each row includes a checkbox, the task name, frequency, next due date, status, last completed date, and a comments field. The tasks listed are Cologuard, Dilated eye exam, PAP, Influenza vaccine, Urine microalbumin, Hemoglobin A1C, Depression screening, and Foot exam. The interface also features a 'Panel Control' at the top right with options like 'Toggle', 'Cycle', and 'Add/Update' buttons at the bottom.

Guideline	Next Due	Status	Last Completed	Comments
<input type="checkbox"/> Cologuard (q3 Years, 50 Years- 75 Years)	12/19/2015	due	12/19/2012	colonoscopy utd
<input type="checkbox"/> Dilated eye exam (q2 Years, 0yrs and up)	07/17/2019	due	/ /	done 2 days ago at Family eye care in Pikeville
<input type="checkbox"/> PAP (q2 Years, 21 Years- 65 Years)	07/19/2021	ordered	/ /	scheduled today
<input type="checkbox"/> Influenza vaccine (q1 Year, 6 Months and up)	10/17/2019	Completed	10/17/2018	[comments]
<input type="checkbox"/> Urine microalbumin (q1 Year, 0yrs and up)	10/17/2019	Completed	10/17/2018	[comments]
<input type="checkbox"/> Hemoglobin A1C (q6 Months, 0yrs and up)	01/17/2020	Completed	07/17/2019	[comments]
<input type="checkbox"/> Depression screening (q1 Year, 12 Years and up)	07/17/2020	Completed	07/17/2019	[comments]
<input type="checkbox"/> Foot exam (q1 Year, 0yrs and up)	07/17/2020	Completed	07/17/2019	[comments]

# TRAINING PROGRAMS FOR STAFF

- DEEP Facilitator Training
- Diabetes Educator Core Concepts Training
- Diabetes Foot Exam Training
- Medtronic IPRO Training
- Chronic Disease Self-Management Program Training
- Retina-Vue Training




- Diabetes Education- Licensed Diabetes Educator, Apprentice Diabetes Educator
- Medical Nutrition Therapy and Counseling- Registered Dietitian
- Diabetes Empowerment Education Program (DEEP)
- Support Group
- Walk and Talk Program
- Community Health Worker Program
- iPro- Continuous Glucose Monitor
- Chronic Care Management
- Simple Cooking with Heart Classes
- Behavioral Health Counseling
- Diabetes Alert Day

EDUCATION,  
COUNSELING, AND  
OTHER SUPPORT


# DIABETES EDUCATION- LICENSED DIABETES EDUCATOR

- Licensed by the Kentucky Board of Licensed Diabetes Educators.
- Educated over 900 patients on diabetes between October 2016 and December 2019.
- Facilitates DEEP and Support Group, attends Walk and Talks, and inserts and removes iPros.
- Provides education at 9 clinics




# DIABETES

## CARE RECORD




**A1c Below 7%**

*Good Job!*



**A1c 7% to 9%**

**CAUTION**



**A1c >9.1%**

**WARNING**

A1c levels below 7% can lower your risk for serious diabetes complications over time.

A1c levels between 7.0%-9.0% increase your risk for serious diabetes complications over time. Take steps now to lower your A1c and blood sugar levels.

A1c levels above 9.0% greatly increase your risk for getting serious diabetes complications. Take steps immediately.

### What does your A1c mean in relation to blood sugar?


An A1c shows your average blood sugar level over the past 3 months.

A1c Level	Average Blood Sugar
12%	298 mg/dl
11%	269 mg/dl
10%	240 mg/dl
9%	212 mg/dl
8%	183 mg/dl
7%	154 mg/dl
6%	126 mg/dl

- Every 1% drop in A1c reduces the risk of long term diabetes-related problems by 37%
- An A1c below 7% decreases your risk for serious diabetes problems over time.
- Everyone with diabetes should have an A1c at least 2 times each year, every 3 months if not in good control.
- Knowing your A1c will help you and your healthcare provider know how well your blood sugar control efforts are working (medication, food choices, activity)

### Ways to help lower your A1c:

- Attend diabetes self-management classes
- Make healthy food and portion choices
- Increase your physical activity level
- Take your diabetes medications as ordered
- Check your blood sugar as instructed
- Keep all medical appointments
- See a dietitian
- See a diabetes educator
- Schedule a behavioral health consult
- Attend a diabetes support group



**American Diabetes Association**

For more information on diabetes visit: [diabetes.org](http://diabetes.org) or [www.mdchcky.com](http://www.mdchcky.com)

<b>EVERY OFFICE VISIT</b>	
<input type="checkbox"/> Blood Pressure (Goal <140/90)	<input type="checkbox"/> Review Medication List
<input type="checkbox"/> Weight and BMI (Goal BMI 18.5 - 24.9)	<input type="checkbox"/> Review Home Blood Glucose Record
<input type="checkbox"/> Visual Foot Exam	
<b>LAB TESTS</b>	
<input type="checkbox"/> A1c Every 3 Months (Every 6 Months if Well Controlled)	<input type="checkbox"/> Lipid Profile Annually (More Frequent if Needed)
<input type="checkbox"/> Urine Protein Test Annually	<input type="checkbox"/> Serum Creatinine Annually
<b>EXAMS</b>	
<input type="checkbox"/> Complete History and Physical Annually	<input type="checkbox"/> Comprehensive Foot Exam Annually
<input type="checkbox"/> Depression/Mood Disorder Screening	
<b>VACCINES</b>	
<input type="checkbox"/> Flu Vaccine Annually	<input type="checkbox"/> Pneumonia Vaccine 1-2 Doses
<input type="checkbox"/> Hepatitis B Vaccine 3 Doses	
<b>REFERRALS</b>	
<input type="checkbox"/> Dietitian Initially and As Needed	<input type="checkbox"/> Diabetes Class Initially and As Needed
<input type="checkbox"/> Diabetes Education Initially and As Needed	<input type="checkbox"/> Podiatrist Annually
<input type="checkbox"/> Behavioral Health Initially and As Needed	<input type="checkbox"/> Dilated Eye Exam Annually
<input type="checkbox"/> Dental Exam Annually	<input type="checkbox"/> Indigent Medicine as Needed
<input type="checkbox"/> Smoking Cessation Classes if Needed	
<b>ONGOING</b>	
<input type="checkbox"/> Home Blood Glucose Monitoring	<input type="checkbox"/> Exercise 150 Minutes Per Week with Provider Approval

# MEDICAL NUTRITION THERAPY AND COUNSELING- REGISTERED DIETITIAN

- Between June 2016-December 2019, approximately 2,200 patients with diabetes received MNT.
- Approximately 49% of total encounters were patients with diabetes.
- The RD is also an Apprentice Diabetes Educator.
- Provides MNT and nutrition education at 9 clinics.

Patients are provided with diabetes and nutrition education bags that include materials individualized to the patients needs and goals.






# DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP)

- 4 employees trained to facilitate DEEP.
- 189 patients have attended DEEP since January 2016.
- DEEP is provided at 6 MCHC Clinics.
- Topics include:
  - Understanding the Human Body
  - Monitoring and Goals
  - Meal Planning
  - Complications
  - Medication and Medical Care
  - Living with Diabetes




# DIABETES SUPPORT GROUP

- 23 cumulative patients participating.
- Support group meets once a month at the Whitesburg Medical Clinic.
- Different speakers are invited to attend and present different topics for discussion- dietitian, behavioral health counselor, podiatrist, personal trainer, pharmacist, Farmacy program coordinator, optometrist, indigent medicine counselor.

**Have Diabetes?**  
Join us for  
**Diabetes Support Group Meetings**  
At  


**The Diabetes Support Group will be meeting once a month on the 2<sup>nd</sup> Tuesday beginning at 9:30 a.m. in the Whitesburg Clinic Conference Room**

- Free to Participate
- Share experiences
- Guest speakers
- Support and be supported!



Call Chasity at 606-633-4871 ext. 2391 for more details



# DIABETES WALK AND TALK

- Currently, 30 patients enrolled.
- Free program offered to patients with diabetes.
- Held at the Letcher County Recreation Center.
- Morning and evening times are available to accommodate patients.
- Led by MCHC employees and various topics are discussed.

## July 2019



### Walk and Talk Schedule Including Community Events

Walk and Talks are held at Letcher County Recreation Center. Come join us at no cost and learn about various topics while getting your steps in!

\*Diabetes Support Group meets at MCHC Whitesburg Clinic on the 2nd Tuesday of each month at 9:30 a.m.

Free! Levitt Amp Concert Series held on Thursday evenings from 5/30/19 through 8/8/19 at 7:00 p.m. downtown Whitesburg on the stage.

 Letcher County Farmer's Market will be Thursdays from 5:00 p.m. – 7:00 p.m. and on Saturdays from 9:00 a.m. – 12:00 p.m.

 MCHC Clinic Closed July 4<sup>th</sup>, 2019

### Summer Fruit Smoothie

**Ingredients**

- 1 cup fresh blueberries
- 1 cup fresh strawberries
- 2 peaches (seeded and chopped)
- 6 oz. peach flavored ~~greek~~ yogurt (nonfat)
- 1 cup almond milk
- 2 ~~tblsp~~ ground flax seed
- ½ cup ice

**Directions**

1. Combine all ingredients in a blender and puree until smooth

**Nutrition Information** Serving size: ¼ recipes Serves 4

Calories: 125; Total fat: 3g; Saturated fat: 0g; Cholesterol: 0mg; Sodium: 65mg; Carbohydrates: 22g; Fiber: 4g Protein: 6g

Source: eatright.org



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Independence Day	5	6 Farmers Market 9:00am
7	8 Walk and Talk at 9:30 a.m.	9 *MCHC Diabetes Support Group Meeting 9:30 a.m.	10 Walk and Talk at 5:30 p.m.	11 Farmer's Market 5:00 p.m. Levitt Amp Concert 7:00 p.m.	12	13 Farmers Market 9:00am Carcassonne Square Dance 6:00 <del>6:05</del>
14	15 Walk and Talk at 9:30 a.m.	16	17 Walk and Talk at 5:30 p.m.	18 Farmer's Market 5:00 p.m. Levitt Amp Concert 7:00 p.m.	19 Letcher County Back to School Bash 10:00 a.m.	20 Farmers Market 9:00am
21	22 Walk and Talk at 9:30 a.m.	23	24 Walk and Talk at 5:30 p.m.	25 Farmer's Market 5:00 p.m. Levitt Amp Concert 7:00 p.m.	26	27 Farmers Market 9:00am
28	29 Walk and Talk at 9:30 a.m.	30	31 Walk and Talk at 5:30 p.m.			

# COMMUNITY HEALTH WORKER PROGRAM



- Marshall University managed, funded by the Merck Foundation.
- CHWs provide weekly patient visits to help with monitoring, appointments, and goal setting. CHWs are also available by phone.
- Patients are provided with education materials, container gardens, glucometer and supplies, monthly food staples, weekly recipes and Farmer's Market produce.



# COMMUNITY HEALTH WORKER PROGRAM

- Currently, 47 patients are participating.
- Between January and March 2019- 78% of enrolled patients decreased their A1C by 1.6%.
- Between March and June 2019, 81% of enrolled patients decreased their A1C by 1.8%.
- Between July 2019 and September 2019, 82% of enrolled patients decreased their A1C by 2.0%.

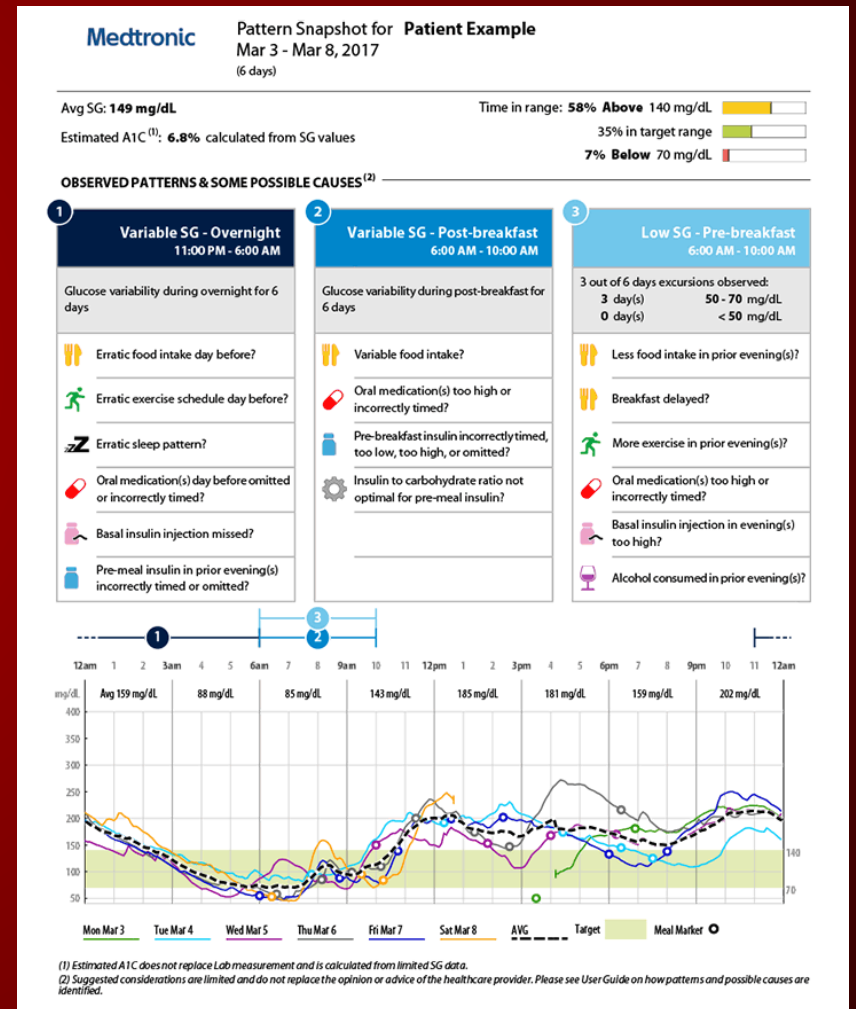


# VIDEO

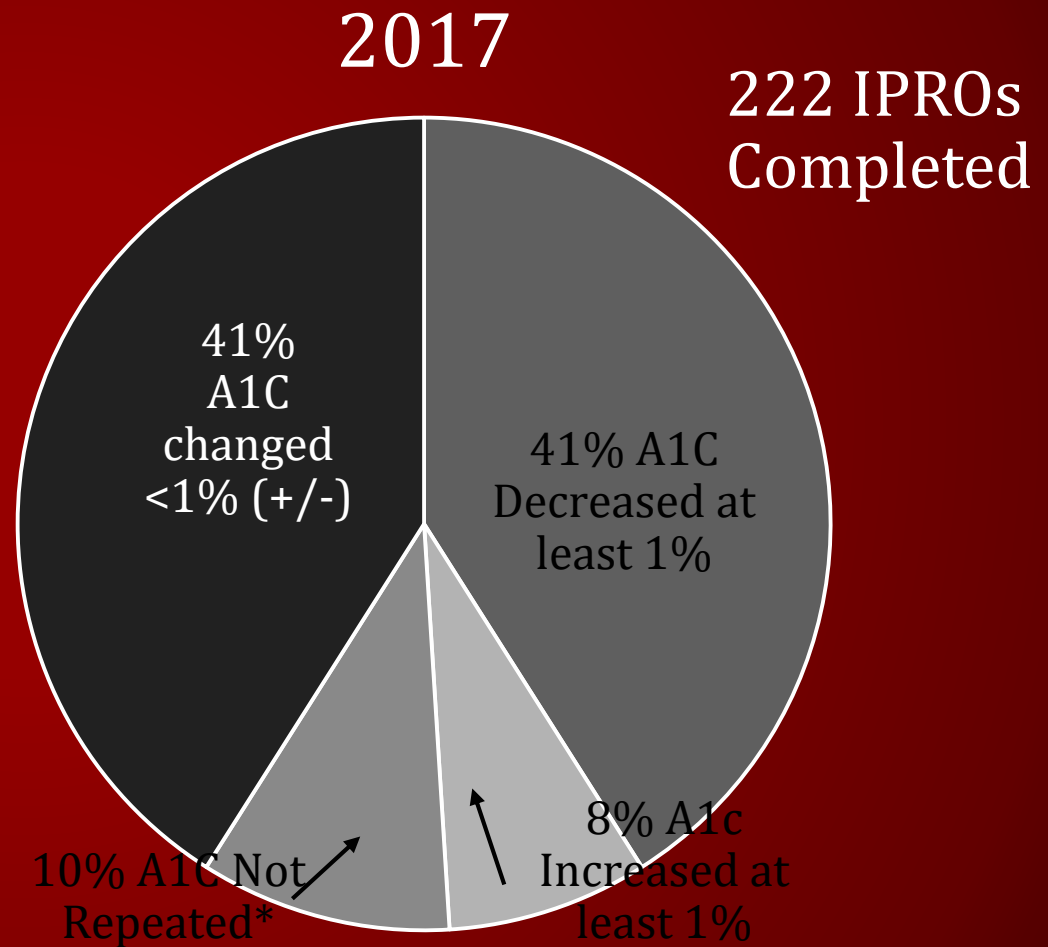
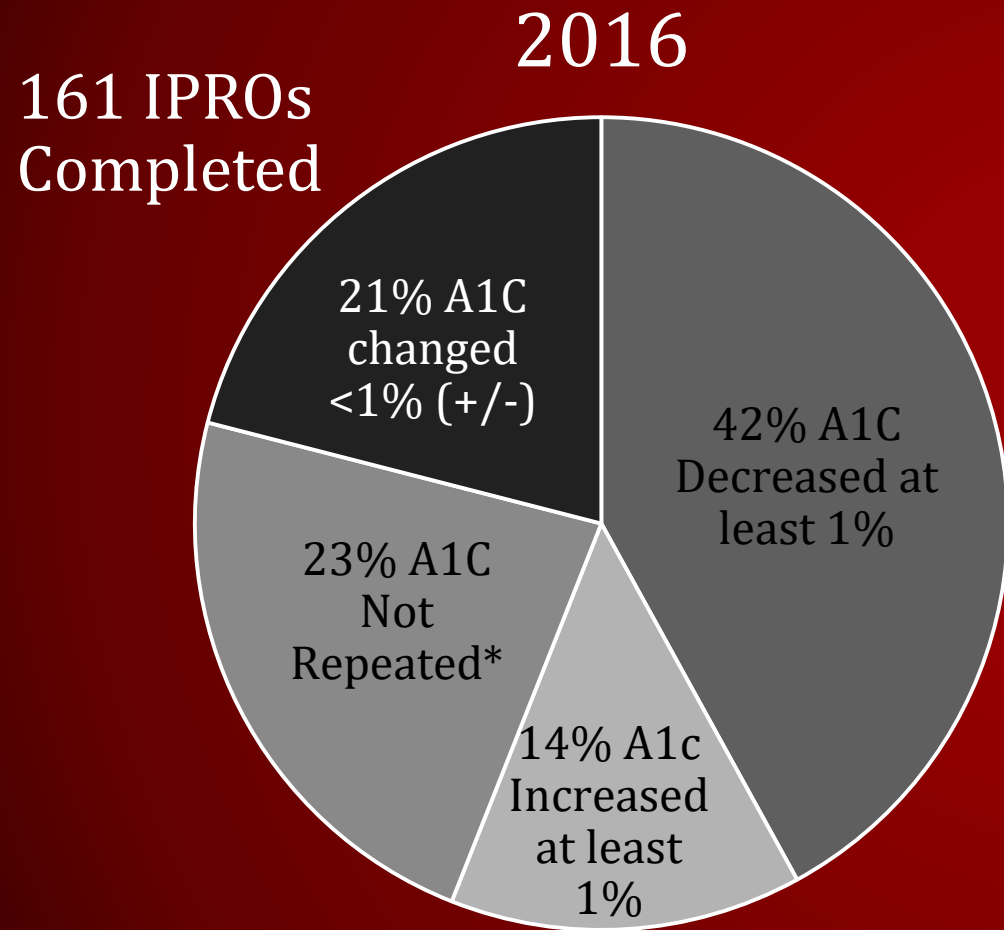
- Bridging the Gap

# IPro- CONTINUOUS GLUCOSE MONITOR

- Reveals glucose fluctuations that A1C tests and finger sticks can miss.



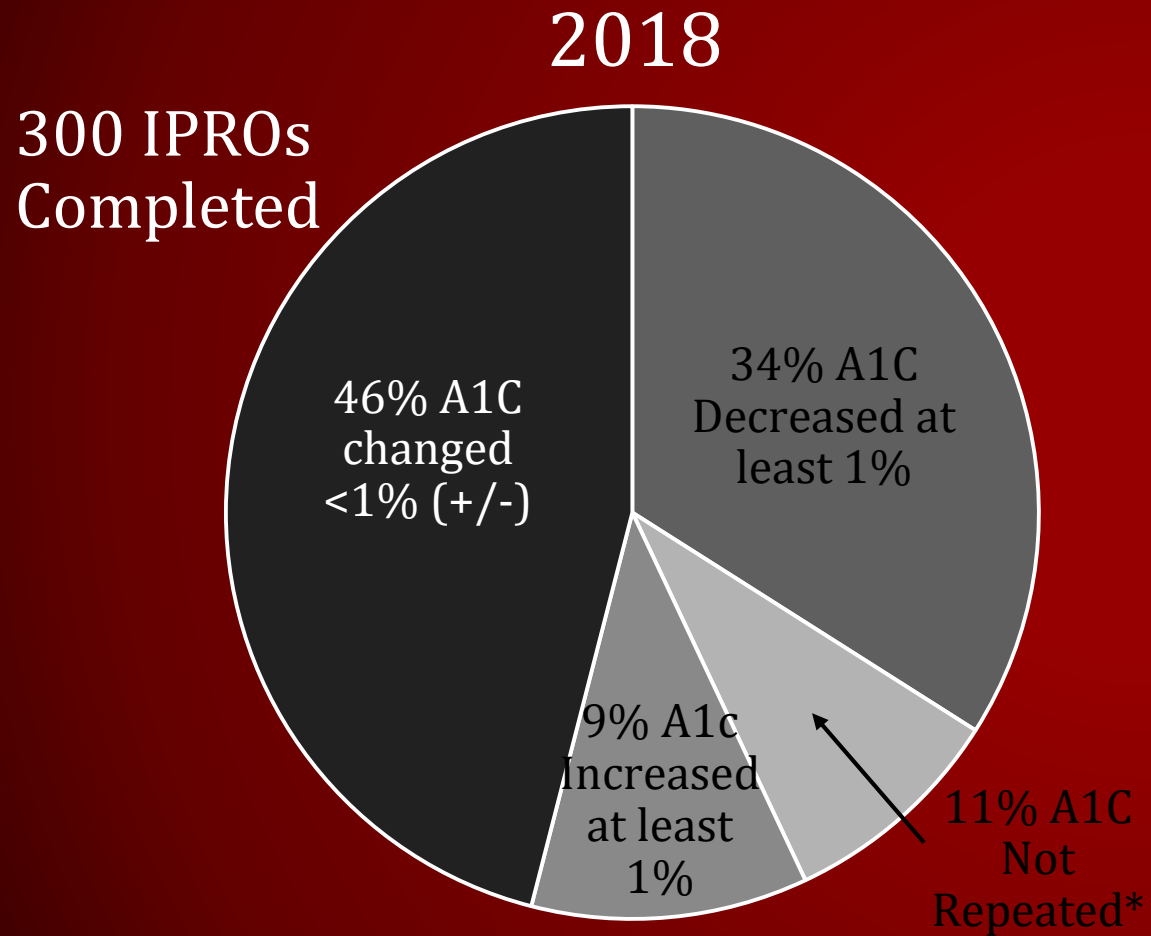
# iPro - A1C changes at Whitesburg Clinic



\* At the time of reporting



# iPro - A1C changes at Whitesburg Clinic

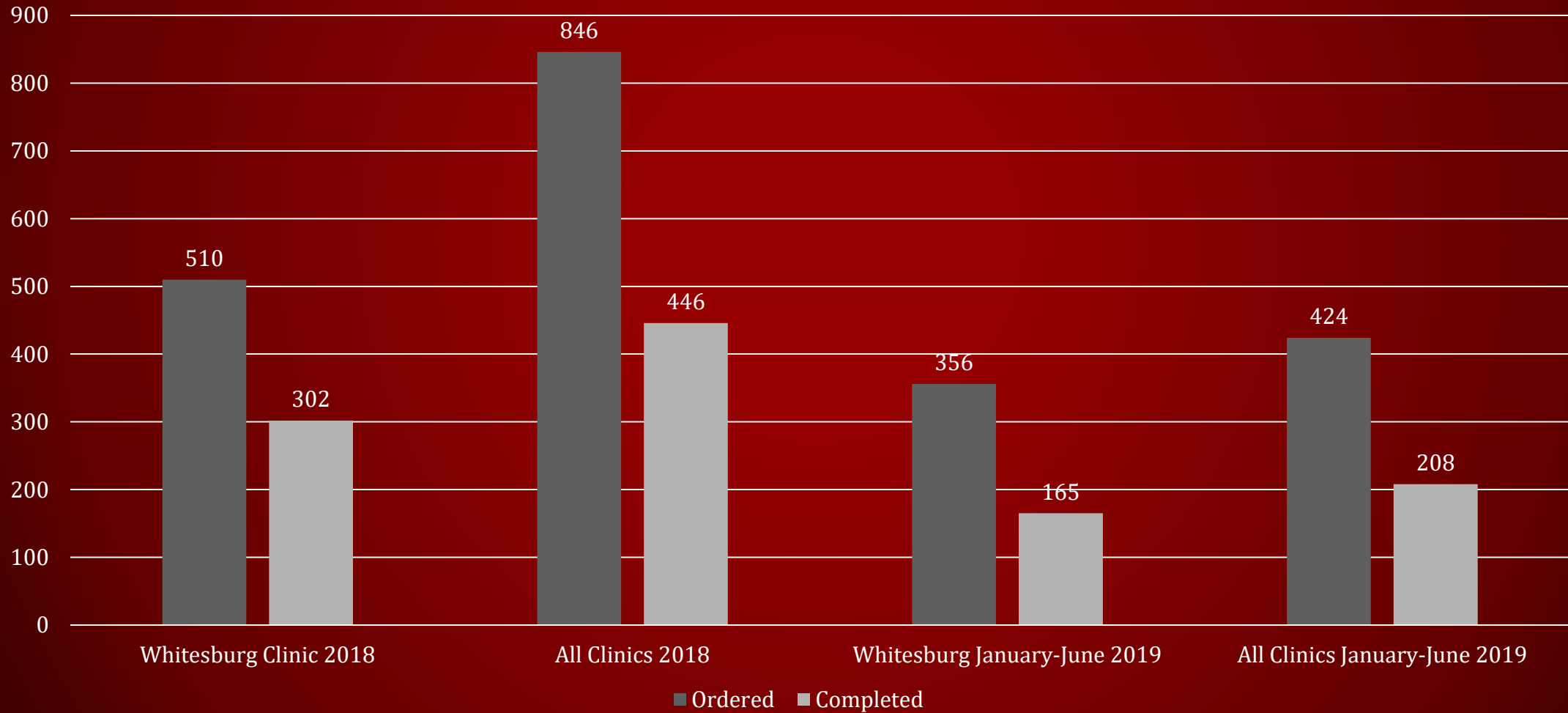


2019

289 IPROs completed to date

\* At the time of reporting

# IPRO USAGE 2018-2019



# CHRONIC CARE MANAGEMENT (CCM)

- 269 patients currently enrolled.
- Patients have personal nurse access.
- Monthly outreach via quality nursing staff.
- Assistance with appointments, referrals, medication, and health questions or concerns.






# SIMPLE COOKING WITH HEART

- Mobile Kitchen Series provided to patients and the community sponsored by the American Heart Association and facilitated by MCHC's RD.
- Classes are held at the C.A.N.E Kitchen (Community Kitchen).
- Promotes cooking at home and healthy eating.
- 6 classes that include culinary skills, nutrition education, and healthy recipes.
- Topics include limiting sodium, increasing fruits and veggies, whole grains, and lean proteins.
- 17 people have completed the series.

# BEHAVIORAL HEALTH

- Offers counseling to patients on healthy coping skills and risk reduction behaviors.
- 7 behavioral health counselors, 4 case managers, and a psychiatric nurse practitioner.
- Case managers are available to help patients with outside resources.
- 2 behavioral health counselors lead Chronic Disease Self-Management Program and are master trainers.
- Provides Chronic Disease Self-Management Workshops to patients with Chronic Diseases.



**Wellness Wednesday  
Workshop**

**BECOME AN EXPERT IN  
MANAGING YOUR HEALTH!**

Anyone living with a chronic health condition is welcome to attend this workshop.

A chronic condition is a lasting medical condition that can be treated but not cured.

Work to achieve lifestyle improvements and become an expert in dealing with your health problems.

Join a small group of adults in community settings for 2½ hours, once a week for six weeks.

**Classes begin April 10<sup>th</sup> from 10:00-12:30 or 1:00-3:30.**

Please call Behavioral Health at 606-633-4871 ext 9 to register

- Learn tips on how to be your own healthcare advocate
- Gain a sense of greater self-control over your personal quality of life
- Identify strategies for coping with long-term physical or mental health issue
- Improve management of symptoms of your chronic health condition(s)
- Build confidence in establishing supportive relationships

MCHC  
226 Medical Plaza Lane  
Whitesburg, Ky 41858  
(606)-633-4871



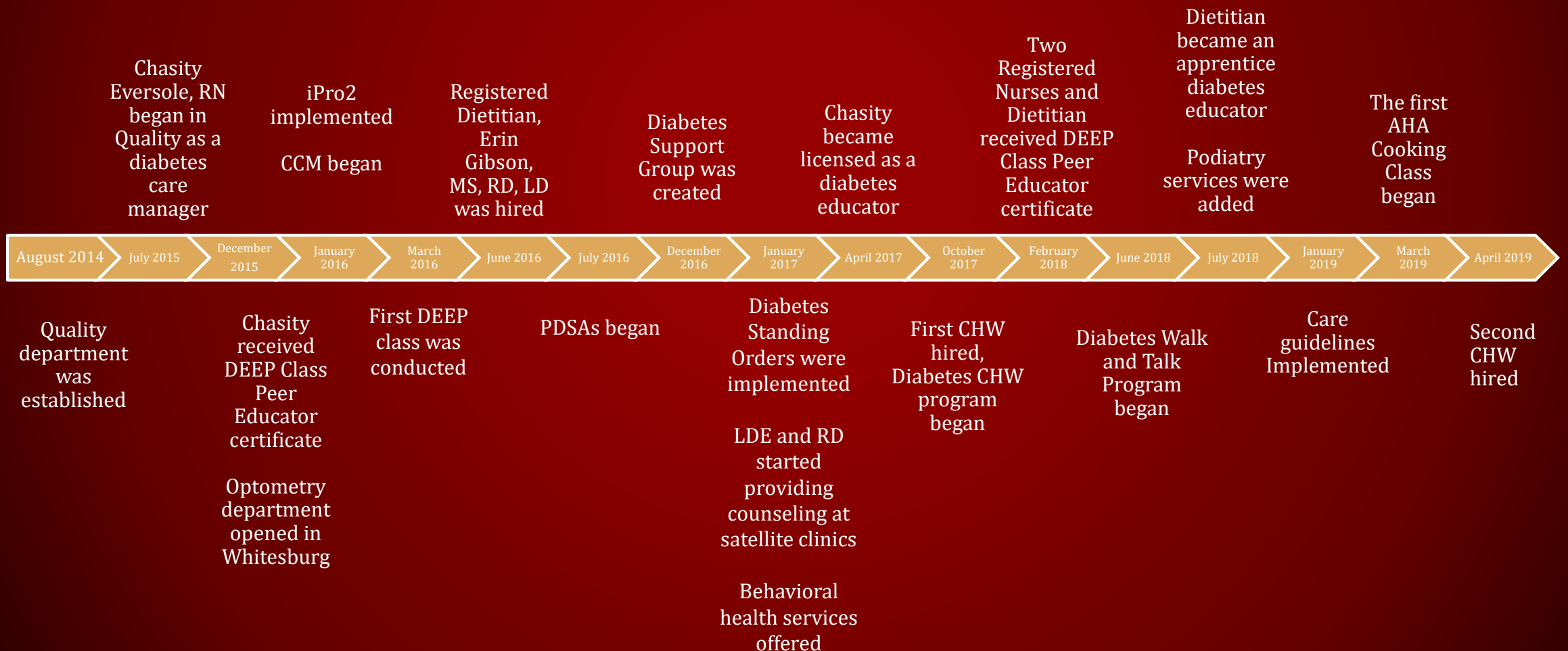
# DIABETES ALERT DAY!

- MCHC recognizes the American Diabetes Association Diabetes Alert Day®.
- It is a one-day “wake-up call” that focuses on the seriousness of diabetes and the importance of understanding your risk.
- MCHC provides information on the risk of developing type 2 diabetes, diabetes education, nutrition, eye health, dental health, and our Farmacy program.
- Employees participate in a diabetes awareness walk.





# DIABETES INITIATIVE TIMELINE



- Farmacy Program
- TeleHealth
- School Based Clinic

POPULATION  
SPECIFIC  
STRATEGIES



## FARMACY PROGRAM

- MCHC's FARMACY Program is a "Produce Prescription" program that provides access to healthy foods for patients with a number of diet-related health conditions, such as Diabetes, Hypertension and Obesity.
- Since 2015, we have served 1,294 households and a total of 2,434 patients.
- MCHC partners with local Farmer's Markets and County Extension Offices to provide the fresh produce for the program.
- As part of the Farmacy program, MCHC started a local Farmers Market at the Leatherwood Blackey Clinic.



## OUTCOMES 2015-2018

- 99% of participants reported the Farmacy program assisted them in meeting their nutritional needs.
- 89% of participants answered YES to the question “ After participating in the Farmacy program, did you notice any improvement in your overall health and wellbeing?”
- 68% of participants reported the Farmacy program assisted with maintaining optimal blood glucose levels.
- 64% of participants reported canning or freezing produce for winter months.



## OUTCOMES 2015-2018

- 894 pounds lost
- BMI decreased 171.36 points
- Glucose decreased by 2958 points
- A1C decreased by 14.4 points (*2018 only*)
- Waist Circumference decreased by 225.2 inches
- Blood pressures improved by 40%



# FARMACY PROGRAM





# TELEHEALTH

- Telehealth software enables remote clinical healthcare providers to capture and share medical device data, exchange documents and medical images in real-time, and participate in a live video conference.
- Available at all MCHC locations.
- Behavioral Health currently utilizes this service to aid patients in making lifestyle changes to improve diabetes outcomes.

# SCHOOL BASED CLINICS



- MCHC has providers in 15 schools in Letcher, Owsley, and Bell counties.
- Providers are at each school on a regular scheduled basis to provide health care for the students and staff.

- Clinical Pharmacist
- Dental
- Podiatry
- Behavioral Health
- Optometry
- Registered Dietitian
- Licensed Diabetes Educator
- Pharmacy
- X-Ray
- Lab
- Cardiology/ Vascular Services

CLINICIAN  
CAPACITY

“ONE STOP SHOP”



# CLINICAL PHARMACIST

- Reviews patients medications on the EHR to update and eliminate errors.
- Educates patients on the importance, proper use, and side effects of medications.
- Answers patients medication questions and concerns.
- Ensures patients have access to medication.
- Helps providers select therapies that are covered on patients insurance.

# DENTAL

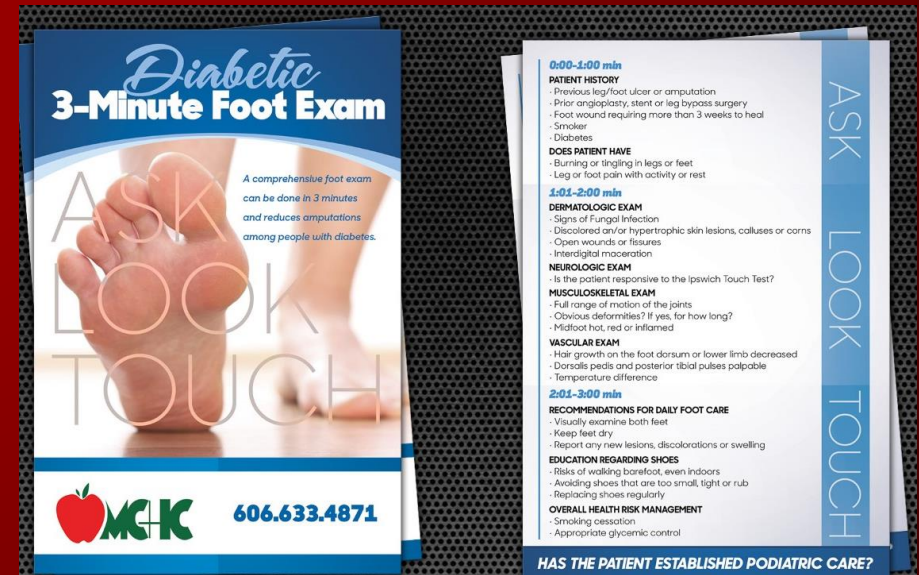
- Oral health affects systemic health, patients are encouraged to have regular oral exams.
- Dental offices are located at 3 of our locations- Whitesburg, Owsley, and Cumberland.
- Patients have access to a dentist the same day as their provider appointment.



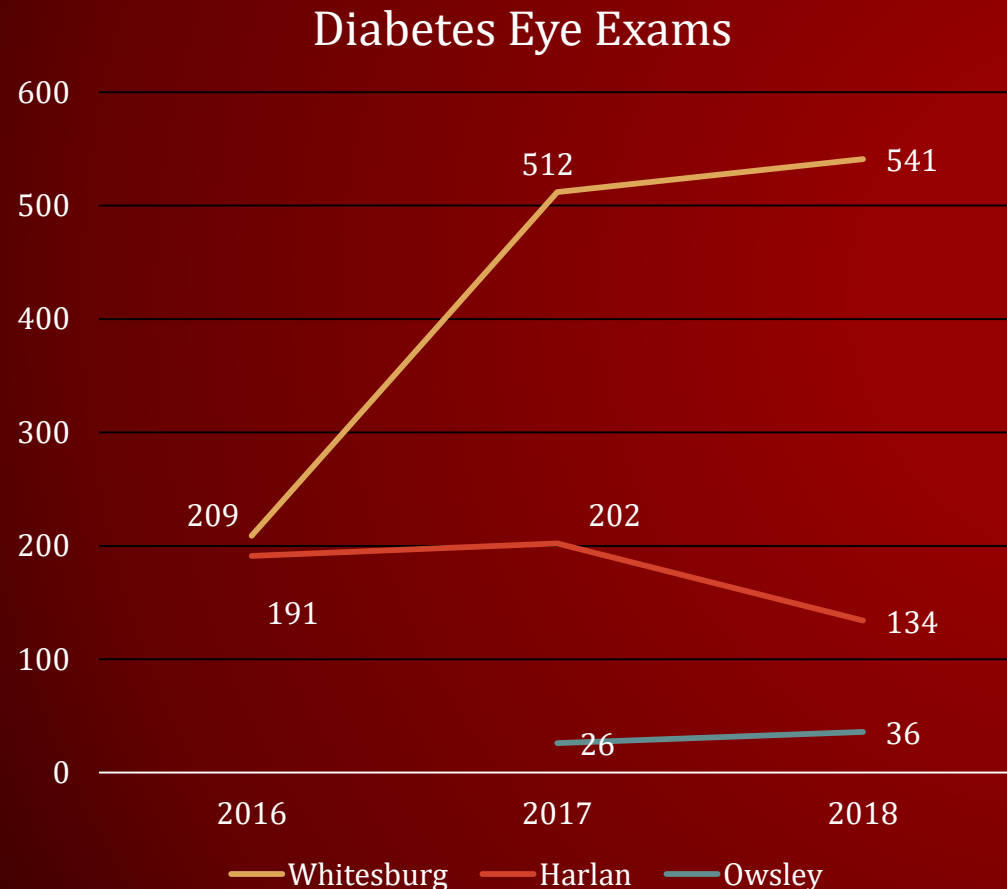


# PODIATRY

- In 2017, only 3% of patients with diabetes received a diabetic foot exam.
- Podiatry was added to MCHC services in the summer of 2018.
- Since this time, the MCHC podiatry service has attended 2335 unduplicated patients and counting.
- Podiatry is available in 4 of our clinics- Whitesburg, Harlan, Owsley, and Leatherwood Blackey Clinic



# OPTOMETRY- DIABETES EYE EXAM



- Whitesburg and Harlan Optometry opened in 2016. Owsley Optometry opened in 2017. Harlan Optometry closed in 2018 due to the loss of the provider.
- Same day appointments are available to ensure patients receive their diabetes eye exams.
- Retinal imaging machinery is available to take a clear picture of the retina, optic nerve and all of the blood vessels located inside of the eye to monitor damage.

# PHARMACY

- Easy access to medications due to pharmacy being inside or immediately adjacent to our clinics.
- 340B available at multiple pharmacies.
- Whitesburg Medical Center Pharmacy, Parkway Pharmacy, Isom Community Pharmacy, Harlan Clinic Pharmacy, Leatherwood/Blackey Clinic Pharmacy, Cumberland Pharmacy and B-H Apothecary.



# LAB

- Lab services available at all clinics.
- Lab tests include glucose, glucose tolerance testing, Hemoglobin A1C, Micro albumin, and Lipids.
- Insulin level, C peptide and other special tests are sent off to an outside lab for testing.
- Lab results are returned in a timely manner.



# CARDIOLOGY/VASCULAR SERVICES

- ARH Cardiology is located inside of the Whitesburg Medical/Dental Clinic.
- Pikeville Medical Center Heart and Vascular Institute Specialty Clinic is within walking distance from the Whitesburg Medical/Dental Clinic.
- Patients can be seen the same day as their primary care provider.
- Services Offered:
  - Ankle-Brachial Index (ABI), Diagnostic Arteriography, and more.



# NEUROLOGY

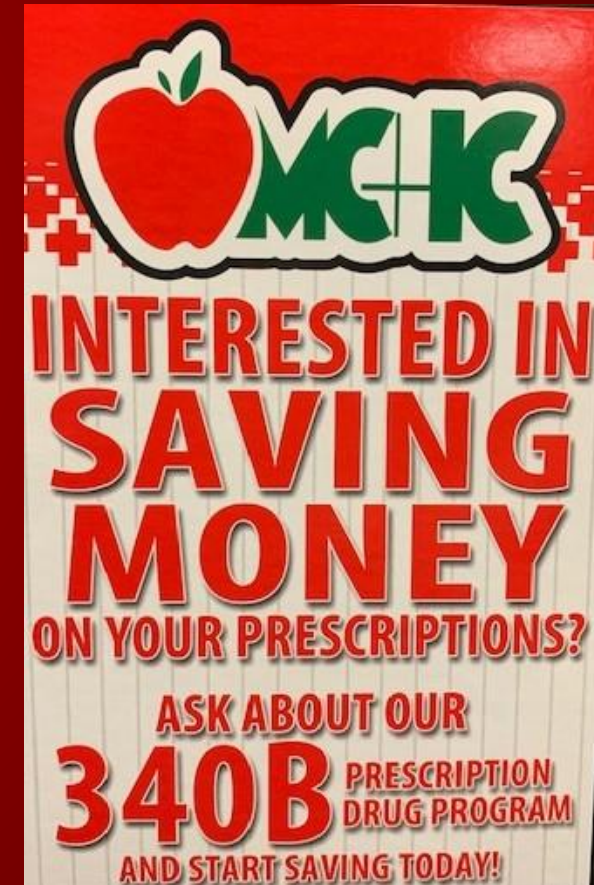
- Vascular neurology care is also available within walking distance to the Whitesburg Medical/Dental Clinic at the Pikeville Medical Cardiology and Vascular Institute Specialty Clinic.
- Neurologist on staff to assist in Vascular Neurology Procedures.
- Same day appointments available to assist patients in care.

- 340B Program
- Indigent Medicine
- Free Medication Samples
- Free Glucometer Samples
- Medication Coupons

PATIENT ACCESS TO  
LOW-COST  
MEDICATION AND  
RELATED SUPPLIES

# 340B PRESCRIPTION DRUG PRICING PROGRAM

- Opportunity to reduce the cost of prescription medication, regardless of income and insurance.
- Clinical Pharmacist on staff to assist with the program.
- Novolog 10ml, Retail Price \$310, Novolog 10ml on 340B \$23.95.





# INDIGENT MEDICINE

- Medication assistance program that helps patients get medicines at no cost due to lack of insurance, medication not being covered by their insurance or high copays.
- Medication assistance counselors see on average 20-25 patients a day.
- Indigent medicine saves patients well over \$100 per month depending on the medicine.
- Many pharmaceutical companies offer patient assistance programs. We partner with Merck, Lilly, Boehringer Ingelheim, AstraZeneca, Pfizer, Sanofi, and Novonordisk.
- Diabetes medications are available free to the patient through the patient assistance programs.
- Medications available: Novolog, Humalog, Lantus, Toujeo, Soliqua, Tresiba, Levimir, Trulicity, Bydureon, Janumet, Januvia, Jardiance, Glyxambi, Tradjenta, Synjardi, Farxiga, Combiglyze, Ozempic, Jentadueto and more.

- Electronic Health Record (EHR)
- NextGen Mobile
- Patient Portal
- Nurse Advice Line

INFORMATION  
TECHNOLOGY

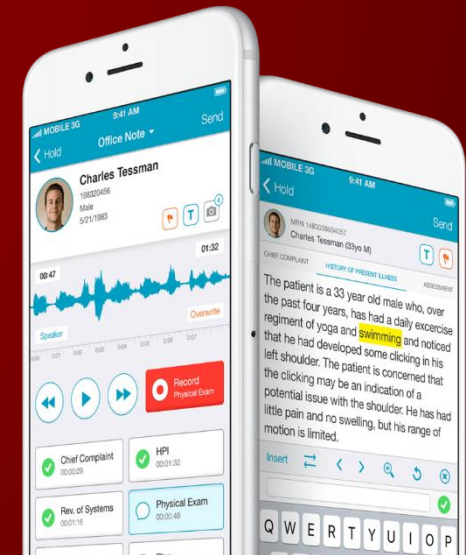


## EHR- NEXTGEN

- EHR provides access to be able to document and report patient outcomes.
- Providers can communicate via the EHR to assist in team based care.
- Provides access to evidence-based guidelines.
- EHR provides care guideline templates to decrease gaps in care.
- Used in referral tracking, logging of outside A1Cs and A1C reminders.

# NEXTGEN MOBILE

- Providers are able to access the EHR from their mobile phones while at the clinic or hospital.
- It allows providers to dictate notes, view patient charts to access labs, medications, and other reports which helps improve continuity of care.



# PATIENT PORTAL

- Secure online access to the patients health information.
- Patients are able to view lab results, see statements, make payments and download chart information online.
- Clinic receptionists are available to help patients set up their account.



# NURSE ADVICE LINE

- Nurse advice line is available to patients after MCHC Clinics have closed.
- It offers treatment, pediatric, urgent care, and medical advice on conditions such as diabetes and more.





- Marshall University and Merck Foundation- CHW Program
- Letcher County Recreation Center- Diabetes Walk and Talk
- American Heart Association- Simple Cooking with Heart
- Transportation Assistance Agencies
- Farmer's Markets- Farmacy Program
- Community Agriculture Nutritional Enterprise (C.A.N.E)- Simple Cooking with Heart
- ARH- Hospital, Cardiology, Home Health
- Health Department- Referrals
- Health Fairs- Community Resources

## PARTNERSHIPS



# TRANSPORTATION ASSISTANCE

Agencies that provide patients transportation assistance:

- LKLP Community Action Counsel
- Daniel Boone Development Counsel
- Harlan Community Action Agency
- Sandy Valley Transportation Services, LLC

# HEALTH FAIRS

- Health fairs are held at each clinic- MCHC staff are available to answer questions and provide blood pressure and glucose testing.
- Healthy on the Hill is an annual health fair held during the local Whitesburg, Mountain Heritage Festival. We strive for it to be the largest health fair in Eastern KY.
- MCHC also partners with ARH and the Letcher County Recreation Center to provide a annual community health fair.
- Community resources are available at each health fair such as Benefind (KY's assistance and support program), local hospitals, health departments, transportation services, UK Extension Offices, physical therapy, local grocery stores, insurance companies, Medtronic, resources for the blind and more.



# GETTING HEALTHY ON THE HILL

September 29th, 2018  
9AM-1PM  
Old Whitesburg High School  
38 College Drive, Whitesburg KY 41858




## HEALTH FAIR


Enjoy a day of free health screenings, informational booths and a grand prize giveaway!

This health fair is sponsored by MCHC, which provides a wide range of Medical, Dental, Behavioral, Podiatry and Optometry services.

Presentations begin at 1:00PM followed by drawing for the prizes.

### WHITESBURG MEDICAL CLINIC



**HEALTH FAIR**  
**TUESDAY, JUNE 11, 2019**  
**10:00am - 2:00pm**

**SEVERAL AGENCIES ON HAND TO ANSWER YOUR QUESTIONS**  
GIVE-AWAYS, FREE MEDICAL SCREENINGS, ETC.

FOR MORE INFO CALL:  
ANTHONY WARLICK or  
JOSHUA RICHARDSON  
606-638-4871



*"Make Your Health The Priority"  
We Partner Because We Care!!*




**ANNUAL HEALTH FAIR**

**Tuesday, Feb. 19, 2019**  
**10AM-2PM**  
LETCHER COUNTY RECREATIONAL CENTER  
1505 JENKINS RD. | WHITESBURG, KY 41858

Healthy Snacks Provided by  
ARH Cardiology Associates  
For more information please  
contact BRITTNEY WILLIAMS at  
606.435-7209 or bwilliam7@arh.org

HOSTED BY:



Mountain Comprehensive Health Corporation


## Health Fair

**Owsley Medical Clinic**  
**Wednesday, May 22, 2019**  
11:00 AM - 3:00 PM

**FREE HEALTH SCREENINGS**

Available services at the Owsley Medical Clinic:  
Dental, Optometry  
Internal Medicine  
Behavioral Health  
Podiatry

**Free Food**



Live Well • Eat Well • Work Well

- Appointment scheduling
- Care management
- Monthly recall system- EHR
- Patient satisfaction surveys
- Morning huddles
- Retinal machine available
- Group diabetes class (DEEP)
- Home visits- Community Health Workers

OTHER HEALTH  
CENTER  
OPERATIONAL  
PROCESSES



# MCHC CLINICS



Whitesburg Medical/ Dental Clinic



Leatherwood/ Blackey Clinic



Harlan Medical Clinic



Owsley Medical/ Dental Clinic



Buckhorn Medical Clinic



Pineville Medical Clinic



Isom Medical Clinic



Cumberland Medical/ Dental Clinic



Middlesboro Clinic





we help

People