Welcome to the MN Omaha Systems User Group Webinar! Click onto the small firecracker to the left, and then click onto your location on the map.
Welcome

 TYPE INTO chat box and click submit
 Click on raise hand icon or
 To ask questions and/or make comments:
 ! 10 minute phone: 6
 ! 10 minute phone: 6
 *Please keep your phone on unless you are
 Webinar Housekeeping:

 Welcome
WHERE ARE YOU RIGHT NOW? Click onto the small firecracker to the left, and then click onto your location on the map.
The Omaha System and SHIP

- SHIP Pilot Project Q and A
- Other Tall County Public Health
- SHIP/ICSI Omaha System Pilot Project at
  with SHIP?
- What does the Omaha System have to do
  with SHIP?
- What is SHIP?

Focus:

 Terminator, M.S., R.N., P.H.L.,

Presenter:

Director of Tall County Public Health, Feigen Falls, MN

The Omaha System and SHIP
What is SHIP?

Why do we need SHIP?

1. 18% of adults are current smokers.
2. Moderate physical activity for 5 or more days per week.
3. 97% of adults get 30 or more minutes of physical activity per day.
4. 24% of adults consume five or more fruits and vegetables per day.
5. 6% of adults are classified as obese.
6. 25% of adults are classified as overweight.

Minnesota: Leading causes of chronic disease in
- Tobacco use and exposure and obesity

SHIP

Why do we need SHIP?

1. The number of Minnesota smokers who use tobacco.
2. Reduce the number of Minnesota smokers who use tobacco.
3. Lower the number of Minnesota smokers who use tobacco.
4. Health and wellness.
5. Department of Health to local public
6. Legislation allocated by the Minnesota
7. A $47 million appropriation by the state
9. Part of Minnesota’s historic health care
The result is that many Minnesotans live with chronic diseases:

- 32,000 Minnesotans had diabetes in 2006.
- 13,900 Minnesotans were diagnosed with coronary heart disease or angina, and 71,000 had a stroke in 2006.
- 2,500 new cases of cancer were identified in 2006.

The result is that many Minnesotans live with chronic diseases.
What makes SHIP different from other prevention efforts?

- SHIP fosters change that will make it easier for individuals to initiate and sustain healthy choices in their daily lives.
- SHIP emphasizes the need for evidence-based strategies to make policy changes work in their communities.
- SHIP focuses on systems, and not just policy, to facilitate change.
- SHIP grants were awarded to communities and tribal governments.
- SHIP required that recipients demonstrate how they would employ systems and environmental changes.

Who received SHIP grants?

- Health Care Systems
- Workites
- Communities
- Schools
- Settings

Who received SHIP grants?
SHIP in the Healthcare Setting

Children where applicable.

Facilities by health care providers for adults and

Primary Prevention of Chronic Disease Risk

Prevention and Management of Obesity and

Clinical Systems Improvement Guidelines for

Support Implementation of the Institute for

SHIP

through June 2011.

The Initial SHIP Grant Period Runs from July 2009

were awarded a SHIP Grant

submitted a multi-county grant application and

Becker, Clay, Otter Tail, and Wilkin Counties

and Wilkin Counties

Becker, Clay, Otter Tail, and Wilkin Counties

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If it isn't documented, it wasn't done.

Omaha System-SHIP Pilot Project

- Interventions
- Knowledge, Behavior, and Status Raising
- Signs and Symptoms

The Omaha Documentation System has the framework needed to document the care provided.

What about our own practices within their practice to address obesity. Providers to incorporate "policy and system changes providers are asking health care agencies are asking health care agencies to incorporate their own clients.

WIC, Family Health, MSHO, TTB, LTC.

If it isn't documented, it wasn't done.

Omaha System-SHIP Pilot Project

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It takes a Team

Nutrition Signs & Symptoms

1. Unexplained diet or eating patterns
2. Excessive or prolonged weight loss or gain
3. Unusual or inconsistent eating patterns
4. Physical signs of illness or injury
5. Family history of eating disorders
6. Poor nutritional status
7. Poor sleep quality or fatigue
8. Mood swings or changes in behavior
9. Family or peer pressure to eat

Nutrition Signs & Symptoms

- Created KBS rating guides for the pilot project.
- Reviewed the QM system documentation elements.
- Participated in trainings and collaborative sessions.
- Incorporated changes within their programs.
- Involved nursing staff from each of the program areas.
- It takes a Team.
Nutrition Status

<table>
<thead>
<tr>
<th>Weight Category</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extreme 5/5</td>
<td>Severely underweight</td>
</tr>
<tr>
<td>Moderate 5/5</td>
<td>Moderately underweight</td>
</tr>
<tr>
<td>Minimal 5/5</td>
<td>Underweight</td>
</tr>
<tr>
<td>25-34.9</td>
<td>Normal weight</td>
</tr>
<tr>
<td>35+</td>
<td>Overweight</td>
</tr>
</tbody>
</table>

Nutrition Behavior

- Ineffective airway clearance
- Ineffective breathing pattern
- Ineffective clearance of respiratory secretions
- Ineffective airway abduction
- Ineffective cough
- Ineffective breathing pattern
- Ineffective tracheostomy care
- Ineffective respiratory toilet
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### Stages of Change

**Precontemplation:**
- No interest in changing behavior.

**Contemplation:**
- Serious contemplation to change behavior in the next 6 months.

**Preparation:**
- Preparation to change behavior in the next 6 months.

**Action:**
- Are you intending to change your behavior in the next 6 months?

**Maintenance:**
- Do you consistently engage in a healthy behavior for more than 6 months?

### Physical Activity Status

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Exercise Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 1x/week</td>
<td>No exercise</td>
</tr>
<tr>
<td>1x/week</td>
<td>Minimal</td>
</tr>
<tr>
<td>2x/week</td>
<td>Moderate</td>
</tr>
<tr>
<td>3x/week</td>
<td>Occasional</td>
</tr>
<tr>
<td>4x/week</td>
<td>Intermittent</td>
</tr>
<tr>
<td>&gt; 4x/week</td>
<td>Regular</td>
</tr>
</tbody>
</table>

Client Status: [Chart]

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Page 34
Pilot Program Feedback

- Learn applicable interventions according to stage.
- Need more training to assess stages of change.
- Need suggestions for home exercise programs.
- Exercise
- Amount of calories burned doing different types of
- Need tools to use for education that depict
- Appropriate serving sizes
- Need tools to use for education that depict

Pilot Project Clients:
- Community Well-MSHO, and
- Early Childhood Screening
- Postpartum

Pilot Project Staff:
- Each nurse received training and tools.
- Each nurse agreed to test the tools on your clients.
- Your nurses.

Ready, Set, Go
But wait...there is more to consider...

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Next Steps

- Posting on the Minnesotta Omaha System Website
- Revisions
- Data collection and analysis
- Identifying appropriate interventions
- Additional training to assess Stages of Change and Physical Activity
- Documentation system for addressing Nutrition and

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Generally, required by children who also have a chronic physical, developmental, behavioral or emotional condition and who require health and related services of a type or amount beyond that generally required by children who have or are at increased risk for a chronic illness who have or are at increased risk for a chronic illness.

...These who have or are at increased risk for a chronic illness who have or are at increased risk for a chronic illness.

240 children born every day in Washington

14-17% have a special health care need

Our work is to help improve lives of all children.
Right thing to do
- An Agenda for Change
- Reshaping Governmental Public Health in WA State
- Rebuilding Improvement Plan
- Public Health Nurses
- Lots of Reasons...

Why collect outcomes?

Our most vulnerable...
The children with

The most local level are nurses at the public health served by the care needs special health.

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Slide 55
Getting started:

You don’t have to see the whole staircase, just take the first step.

— Martin Luther King

You don’t have to see the whole staircase, just take the first step.
CSCHN Coordinators prioritize interventions based on logic model.

E-mails

CSCHN Regional meetings for in-person input.

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Use the Omaha System!

Washington Omaha System Users Group

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Good advice...

Washington Omaha System Users Group

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CSHCN Coordinators have shown amazing participation and commitment to the project!

Can we pull together a workshop?
But, how do we get everyone here?
Consolidated Contracts and TA Requests
Closing Announcements

Next meeting date...

Other announcements?