

S.KY AHEC REPORT



Students examine a "patient" with the guidance of a paramedic at the HOT EXPO 2011.

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What's In A Doctor's Bag?

As a child or even now, does a visit to the doctor cause anxiety or even fear? Helping preschool/ kindergarten students understand all of the sights, smells, sounds and experiences they encounter at the doctor's office is the main purpose of the What's In A Doctor's Bag program.

Kindergarten students at McKee and Sand Gap Elementary Schools in Jackson County are enjoying the 10-lesson curriculum delivered by Diana Brandenburg (at right), So. AHEC health careers coordinator.

What's In A Doctor's Bag curriculum





also teaches basic health concepts to help the students learn how to better take care of their bodies and to invest in their own health. There are lessons on hearing, sight, heart, lungs, their reflexes, eating good foods (such as brightly colored fruits and vegetables) and safety concepts.

SEE "DOCTORS," PAGE 3



By the numbers

October, November, December 2011

-  Health careers / education participants: 3674
-  Continuing Medical Education attendees: 769
-  Community education: 2759
-  Medical Library services: 100
-  Student rotations: 65
-  AD/Special project participants: 17

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What matters
is the experience.



Students all abuzz at 11th annual Expo

The Center for Rural Development's parking lot on Nov. 18 was striped yellow and black like a hive of bumble bees buzzing with excitement as 1,326 students stepped out of school buses to enter exhibit halls during Southern KY AHEC's HOT Expo 2011 on Nov. 18. The *Air Method* air ambulance landing on The Center front lawn intensified the adrenaline rush as flight nurses in blue jumpsuits climbed out of the whirring glass bubble. Eighty-six exhibits offered many new, intriguing hands-on activities exposing students to the numerous possibilities in medical careers.

Students sutured, received ultrasounds, intubated mannequins, held cadaver organs, practiced injections, viewed radiographs, and took vital signs on the new UK AHEC METI-MAN mobile patient simulator. KY School For The Deaf students climbed aboard the UK van to test their stethoscopes for the hearing impaired on the UK AHEC METI-MAN patient, as school interpreters signed for the Southeast AHEC health careers coordinators as they instructed students listening to heart, lung and bowel sounds.

From emergency medical services, acute care to homecare, students learned the team involved required within the continuum of care for patients. College recruiters showcased their health science and

medical professional programs. Combining both academic and healthcare institutions, HOT Expo provides students a broad exposure to the health services industry.

Educators/counselors learned about UK AHEC summer medical camps and student enrichment programs available. Boy Scouts of America highlighted their Health Explorers club programs. Louisville Science Center's representative discussed the new *Pulse Surgery* program where students can link to a live open-heart surgery performed at Jewish Hospital. A National Health Service Corp representative discussed education financial assistance for students interested in healthcare professions in medically underserved areas.

Then there were the breakout sessions: UK Science Outreach Center Director Dr. Don T. Frazier's interactive anatomy lecture and the KHEAA presentation on college financial aid.

Other AHECs are looking to take notes from the HOT Expo. Northern West Virginia AHEC Center Director Dr. Lew Holloway travelled from Glenville, West Virginia to shadow our event. In planning his own health career expo, he will benefit from observing one of the state's best and, now with 11 years of history, longest-running expos of its kind.



Annual Cancer Dinner *Outgrows* Venue

This year's Cancer Survivor dinner outgrew its previous facility and was relocated to The Arena at Southeastern KY Agricultural and Expo Complex in Corbin KY to better accommodate the growing number of attendees. The dinner brings cancer survivors together to celebrate life and share experiences of how they overcome obstacles in their lives while dealing with the disease.

Special guest speakers and cancer survivors themselves Sam Dick (pictured bottom left), news anchor from WKYT, and Sandi Curd a resident of Corbin, KY spoke about their experiences. Entertainment for the night included singing by Ms. Cumberland Falls Courtney Norvell (pictured bottom right).

Survivors were recognized with awards including the Brenda McKeehan Celebration of Life Award. This award not only honors a survivor each year but also honors Brenda McKeehan, a committee member of the Cancer Survivor dinner who lost her fight with cancer. The Mission of Hope Advocacy awards are also given to participants who work to promote cancer awareness.

In the entrance of the Arena a memorial banner hung allowing people to sign the names of friends and family members who have passed away.



Celebrate Life

- Doctor's Bag

CONTINUED FROM FRONT

In addition, newsletters are sent to the students' parents after each lesson explaining the concepts taught and ways the parents can provide better health for their child. There are recipes for better nutrition, physical activities for the whole family, safety tips and information about physical checkups. At the end of the program, parents are invited to a "white coat ceremony" to listen to the students share what they have learned and watch them take an oath to good health.

What's In A Doctor's Bag gives the students opportunities to learn about the medical profession, what the instruments are that the doctor uses and to help them overcome fears they may have about doctors and their examinations. Most importantly, the program helps students learn ways to have better health


and a happier life.


The program was developed by Deborah Murray, associate director for HEEL, and the School of Human Environmental

Sciences at the University of Kentucky. Additional contributors are Neil Shulman M.D. Emory University, Atlanta, Georgia and illustrators Todd Stolp M.D., and Chris Ware. Funding is provided by the Humana Foundation.




upcoming events

 **February 2, 2012** Ladies in Red Fighting Heart Disease — David Williams Southeastern KY AG & Expo Complex, Corbin, KY

 **February 15, 2012** AHEC/KRHA Legislative and Staff Luncheon — Room 113 Capitol Annex— Frankfort, KY

 **February 23 & 24, 2012** Meeting the Challenges to Improve Cardiovascular — Corbin Technology & Community Activities Center — Corbin, KY

 **March 6, 2012** Kentucky AHEC Statewide Meeting KY AHEC Advisory Board Meeting — University of Louisville— Louisville, KY

advisory board

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Barnhill Pediatric Dentistry, P.S.C.

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Rockcastle Regional Hospital and Respiratory Care Center

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