



Program Announcements

Greetings AHEC Scholars!

National Rural Health Day (NRHD) is this Thursday, and Oregon AHEC is hosting a rural provider panel discussion! All Oregon pre-health and healthcare students are invited, as well as AHEC Scholars nationwide. This is planned as a fun, informal place to get your questions answered about the practicalities and joys of working in rural.

NRHD Rural Provider Panel

On National Rural Health Day, November 21, attend a facilitated panel discussion with a multi-disciplinary group of Oregon providers. The panel will be talking about their roles and practice in rural communities, with ample opportunity for Q&A.

- Our panelists are a dentist, pharmacist, PA, FNP, and MD, with two additional MDs from Oregon AHEC staff.
- November 21, 5:30 - 6:30 pm PT. [Register here.](#)

The PCLF application is now open

As an AHEC Scholar you are eligible to apply for the optional Primary Care Loan Forgiveness (PCLF) program. [Review requirements here.](#) Note that applying now is for funding that is paid to your school next year.

Application deadline: January 3, 2025

This Week/Time Sensitive Opportunities

Providence Pediatric Virtual Grand Rounds: The Eat Sleep Console model for Neonatal Opioid Withdrawal Syndrome

November 20, 12:30 pm - 1:30 pm

[Register here](#)

National Rural Health Day Events

[Learn about NRHD](#)

Telehealth T-Time

November 21, 8:00 - 11:00 am Pacific Time

This event features three presentations:

- 8:00 am, "From Adoption to Integration: The Strategic Evolution of Telehealth in Healthcare Systems"
- 9:00 am, "Bridging Healthcare Gaps: The Role of Telemedicine in Modern Hospitals"
- 10:00 am, "How Virtual Care Partners are Expanding Access and Improving Economics at Health Systems"

[Register here](#)

The Power of Rural in Action: Rural Communities Opioid Response Program (RCORP) Success Stories & Strategies

November 21, 11:00 am

[Register here](#)

The Intersection of Mental Health, Addiction, and Emerging Opioids

The national psychiatry student interest group network (PsychSIGN) is virtually hosting Dr. Michael Krausz to discuss the intersections of mental health, addiction, and emerging opioids. This event is open to all health professions!

November 21, 6:00 pm Pacific Time

[Register here](#)

If you have any questions with the form, please email psychsignd@gmail.com.

Join your AHEC Scholars peers nationwide!

Missouri AHEC is hosting an Interprofessional Education Collaborative Case Competition Register by January 18, competition begins January 22. Winners announced February 26 - with a monetary prize! [Review the flyer and register here](#).

Upcoming Events/Save the Date

Grief: A Simultaneously Unique, Yet Universal Experience — SAMHSA Webinar

Monday, December 2, 10:00-11:30 am PT

[Register here](#)

Quarterly Check Ins

Join the next quarterly meeting for all AHEC Scholars. These are held in March, June, September, and December.

These are informal drop-in meetings, with ample room for Q&A.

Next sessions are on **December 3** at either 12:00 or 5:00 pm.

Register here: [AHEC Scholars Quarterly Check Ins](#)

Oregon AHEC Scholar at NAO Webinar

The NAO AHEC Scholars Collaboration subcommittee is presenting a virtual nationwide webinar to be held in December. NAO will be highlighting the work of six Scholars nationwide, including Oregon's very own Isabelle Parker who will be presenting on "Severity of Gestational Diabetes Mellites After Th COVID-19 Pandemic." Congratulations Isabelle, we can't wait to see your presentation!

December 3, from 3:00 pm – 5:00 pm PT

[Register here](#)

Building Trust: Addressing Vaccine Hesitancy and Health Misinformation in Vulnerable Communities

December 3, 12:00 pm PT

[Register here](#)

IP care teams: Nurse Practitioners & Expanding Access to Care

[Register here](#)

- December 5: The Role of NP's in Advancing Health Equity and Access in PHPCs and Other HC Populations
- December 12: Strategies for Hypertension Control: NP-Led Patient-Centered Care in PHPCs
- December 19: Building Access Programs in Health Centers: Strategies for Equity

NAO Accepting Poster Submissions

The NAO is accepting abstracts for poster presentations at the 2025 Biennial Conference in Lexington, Kentucky.

Deadline is December 19, 8:59 PM PT

[Get guidelines here.](#)

Geriatric Care Learning Series returns in January

We're delighted to share that Dr. Laura Byerly is hosting her Geriatric Care Learning series for AHEC Scholars starting in January. Join us for these *highly recommended* monthly sessions from 12:00 - 1:00 pm PT on Tuesdays.

- 1/7 Depression and Suicide Risk in Older Adults,
- 2/4 Pain Management and Opioids in Older Adults,
- 3/11 Social Determinants of Health and Social Isolation, and
- 4/8 Exercise, Mobility, and Fall Reduction in Older Adults

[Register here to get session links](#)

Connect with Oregon AHEC's Regional Centers

Regional center staff have local expertise and welcome your questions, whether you are on rotation or considering employment in their areas. Here are quick links for each center's contact information (see map below for coverage areas):

[Oregon Pacific AHEC](#)

[Oregon Healthcare Workforce Institute](#)

[Northeast Oregon AHEC](#)

[Cascades East AHEC](#)

[AHEC of Southwest Oregon](#)

Resources; Podcasts, Articles, Videos

Note that these count towards didactic hours; reading times are estimates only

[A popular OHSU keynote address features an unusual speaker to talk about medicine and AI: Sophia the robot](#)

Podcast: [Equity as Value — Integrating Cultural Inclusivity in Healthcare Reform](#) - 45 minutes

[In rural America, VR courses offer a chance at equity](#) - 15 minutes

[Cutting-edge test uses DNA sequencing to yield diagnoses for some medical mysteries](#)

[Get prepared! Help you and your Oregon patients/clients prepare](#) - time varies

[Understanding the Effects of the Pandemic for Domestic Violence Victims](#) - 1.25 hours

[Georgia's Fulton County Jail violates detainees' rights with violence and filth, feds say](#) - 15 minutes

[Cultural Framing and the Impact On Acute Pain and Pain Services](#) - 8 pages

[The Importance of Cultural Competence in Pain and Palliative Care](#) - 30 minutes

Book recommendation: *Teeth: Beauty, Inequality, and the Struggle for Oral Health in America*, by Mai Otto

[Is Walk Score a useful tool for measuring walkability in rural communities?](#)

[Pay First, Deliver Later: Some Women Are Being Asked To Prepay for Their Baby](#) - 15m

[In Vermont, Where Almost Everyone Has Insurance, Many Can't Find or Afford Care](#) - 15m

[Common Funding Opportunities from the Oregon Health Plan, An overview for community partners](#) - 3 pages of good info and resources

[How Well Can Your Community Respond to Climate Change?](#) - 15m

[Triad Program Perspectives on Preventing and Addressing Elder Abuse in Rural Communities](#) - 9 page download

[Health and heat are hot topics at a Florida climate change conference](#)

One physician at this past week's Florida Climate Conference in Sarasota says climate change needs to be part of medical school curriculums in the U.S.

[CDC confirms Oregon's first-ever human case of bird flu](#) - 15 minutes

[NAM Perspectives Commentary- Population Health: The Power of Prevention](#) - 15 minutes

[Washington state farm workers worry about boom in legal foreign workers](#) - 15 minutes

[Bus vouchers for homeless cause concern in Rapid City](#) - brief read

[Microplastics are inside us all. What does that mean for our health?](#) - 15 minutes

[Achieving health justice through environmental justice](#) - brief read

Ongoing resources:

- Quick links to report your activities via Qualtrics: [didactic hours reporting](#) and [experiential hours reporting](#)
- Link to definitions for our eight [Core Topic Areas](#).
- [Oregon AHEC Scholars Handbook](#), now posted on our website and in Sakai.
- The AHEC Scholars Core Curriculum has been launched, [access it here](#).

More curated didactic learning is available on-demand in Sakai

Community Corner

Note that these generally do not count as didactic hours

[‘Will & Harper’ Offers a Timely Prescription: More Kindness](#)

[14 Holiday Actions for Health Equity](#)

Celebrate Green Friday! Oregon Parks and Recreation Department will once again offer free day-use parking the day after Thanksgiving to encourage Oregonians to enjoy the outdoors.

[Find the eligible locations](#)

Have a wonderful rest of your week!

Kate Hubbard (she/her)
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Oregon Area Health Education Center

The Oregon AHEC mission is to improve the health of individuals in rural and underserved areas through education and workforce development.

Stay current with Oregon AHEC happenings - sign up for our quarterly newsletter [here](#).