



Program Announcements

Greetings AHEC Scholars!

We want to help clarify the two below topic areas, as the titles as written from HRSA have caused some confusion. Included below are definitions and links from our core curriculum to build our foundation of understanding.

Connecting Communities and Supporting Health Professionals is intended to increase training and development of Community Health Workers and paraprofessionals.

- [Community Health Workers in Rural Settings](#) (1 hour)
- [OSU Research in Action: Dr. Kenny Maes on Community Health Workers](#) (30 min)
- [Oregon AHEC Lunch & Learn- ORCHWA](#) (1 hour) The password is: 8TqnUE6W

Virtual Learning and Telehealth seeks to improve virtual learning and telehealth.

- [The Outcomes of Telehealth PT Provided Using Real-Time, Videoconferencing for Patients With Chronic Low Back Pain: A Longitudinal Observational Study](#) (11 pages)

- [Health Leaders Podcast: Using Telehealth to Improve Healthcare Access in Rural America](#) (25 min)
- [Developing Digital Empathy and the Virtual Physical Exam](#) (1 hour)

Important hours reporting reminder - *please* be sure to track and report your hours. It's critical for our federal funding for the AHEC Scholars program to document those activities, and we've seen a drop in reporting once the Sakai due dates went away.

There will be one Sakai deadline showing at the end of December as a reminder, and we will be sending out rolling reminders with hours totals both to individual students and to our partner programs. Reach out if you have questions or need assistance with your reporting and we're happy to help!

This Week/Time Sensitive Opportunities

Trans & Gender Affirming Care ECHO

- Adult-focused sessions: 4th Mondays @ 11 AM PT, started November 25th, 2024
 - Pediatric-focused sessions: 2nd Mondays @11 AM PT, beginning December 9th, 2024
- [Register here](#)

Going It Alone: A Conversation About Growing Old in America

December 11, 8:30 a.m. PT

[Register here](#)

IP care teams: Nurse Practitioners & Expanding Access to Care

[Register here](#) for sessions:

December 12: Strategies for Hypertension Control: NP-Led Patient-Centered Care in PHPCs

December 19: Building Access Programs in Health Centers: Strategies for Equity

Upcoming Events/Save the Date

Clinical High Risk for Psychosis Screening, Diagnosis, and Risk Assessment

December 17, 9:00 - 10:00 am PT

[Register here](#)

Health Center Preparedness & Response Forum: Patients with Access and Functional

Needs

Dec 18, 11:00 am PT

[Register here](#)

Next topics in this Webinar Series:
February 19, 2025 - Extreme Heat
April 16, 2025 - Workforce Supports

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.](#)

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.](#)

Got questions? Review the Oregon Office of Rural Health's [recorded Q&A session](#). Password is ZuQZJMa5

*Note that applying now is for funding that is paid to your school next year.
Application deadline: January 3, 2025

Join a team with 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. We've heard that these are fun and you learn a lot as well!

[Review the flyer and register 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](#)

The Oregon ECHO Network is leading a 12-session ECHO on Deprescribing for Older Adult

Purpose: Increase the capacity of primary care clinicians and community care teams to optimize medication use, appropriately prescribe, and apply strategies for deprescribing medications for older adults.

Dates: January 9th – March 27th, 2025

Thursdays, 7:30a-8:30a PST

[Register here](#)

Quarterly check-ins

Join our next quarterly meeting for all AHEC Scholars. These are an opportunity to meet your peers, get the latest AHEC info, and check in on hours. These are informal drop-in Q&A meetings, held in March, June, September, and December. Register here for sessions: [AHEC Scholars Quarterly Check Ins](#)

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

[Generative AI is transforming radiology, and it's only the beginning](#) - 15m

[A Rural City Embraces Art as a Prescription for Community Health](#) - 15m

[Does AI Change How We Talk About Rural?](#) - 15m

['Really important': Oregon officials urge tsunami and earthquake preparedness](#) - 15m

['The Evergreen': Should terminally ill patients have access to in-home psilocybin?](#) - 15m

[Resources Are Expanding for Older Adults on Their Own](#) - 15 minutes

[I got malaria on purpose and so can you](#) - 15m

[The horrifying implications of today's Supreme Court argument on trans rights](#) - 15m

[Building a model for gender-affirming care at Cowlitz Indian Tribe](#) - 15m

[Hospital uses paramedicine, mobile clinics to address gaps in rural primary care](#) - brief read

[Health officials investigate mystery disease in southwest Congo after 143 deaths](#) - 15m

[Advice after GPS gets dozens of drivers stranded in eastern Oregon county](#) - 15m

[I'm a researcher who has interviewed over 100 people about loneliness: Here's my best advice](#) - 15m

[Researcher: Meditation can be harmful—and can even make mental health problems worse](#) - 15m

[Why feelings of isolation have skyrocketed in the US](#) - 15m

[Oregon Office of Rural Health \(ORH\) YouTube channel](#) - video times vary

[ORH Community Conversations-Supporting older adults in rural Oregon](#)
[Subscribe to the ORH mailing list](#)
[Bookmark the Oregon Rural Health Resource Hub](#)

[Rural Health Research Gateway](#): Based out of Minnesota, this is a great place to access summaries, findings, articles, and more

[This Alabama county is now down to just one ambulance: 'It's cost lives'](#) - 20 minutes

[Sanford Health Unveils Physical Hub for Virtual Care](#) - 15 minutes

[Emerging Infectious Diseases: Reemergence of Oropouche Virus in the Americas and Risk for Spread the United States and Its Territories, 2024](#) - 15 minutes

[Chikungunya moving into new regions, disabling millions and racking up billions in costs, data suggest](#) - 15 minutes

[Sluggish gas exchange in the lungs may be involved in long-COVID brain fog](#) - 15 minutes

[Very few US adults getting new flu, COVID, RSV vaccines, even in nursing homes](#) - 15 minutes

[More Bugs, No Drugs: The Growing Threat of Antibiotic Resistance](#) - 15 minutes

[Oklahoma law enforcement officials criticize 'rogue' tribal police force](#) - 15 minutes

[Learn about the Cherokee Nation at their website](#) - time varies

[Grand Ronde tribe protests PGE efforts to condemn land at Willamette Falls as court case continues](#) - 15 minutes

[Oregon saw rise in housing, food insecurity during COVID despite surge in spending](#) - 15 minutes

[45 Degrees North: Making a Difference With Cookies and Gatorade](#) - 15 minutes

[More than Winter Blues: Understanding Seasonal Affective Disorder](#) - 15 minutes

['Stop Requested': part six of this OPB series exploring Oregon by public transit](#) - 15 minutes

For content in each Core Topic Area, the AHEC Scholars Core Curriculum has been launched, [access it here](#).

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.

More curated didactic learning is available on-demand in Sakai

Community Corner

Note that these generally do not count as didactic hours

[This Oregon cheese is the world's best cheddar, say the World Cheese Awards](#)

[Want a great photo of yourself? Try these confidence-boosting poses](#)

[How AI impostors took over a historic Southern Oregon paper](#)

Safe driving in Oregon: winter weather preparation tips from ODOT

Have your vehicle checked – especially the battery, tires, antifreeze, wipers and windshield washer fluid, ignition system, thermostat, lights, exhaust system, heater, brakes and defroster.

Install winter tires or have traction devices and know how to install them.

Fill up your gas tank when you know a storm is coming.

Have deicer on hand for vehicle door locks.

Put together a survival kit with an ice scraper, jumper cables, shovel, pliers and screwdrivers, blankets, extra clothes, boots, gloves and hats, a small sack of sand to use for traction, flares, a flashlight, a tarp, non-perishable food, bottled water and a first aid kit. Keep it in your vehicle.

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](#).